

Oven Baked Chicken Croquettes

Oven Baked Chicken or Turkey Croquettes



Serves 4 (Serving size is 2 croquettes)

Blue: 8 points

Purple: 8 points

Green: 10 points

- 5 Tbsp light butter
- 3 Tbsp flour
- 1/2 cup skim milk
- 1/2 cup chicken broth
- 2 cups finely chopped cooked chicken
- 1 1/4 cup plain bread crumbs
- 3 Tbsp chopped fresh parsley
- 1/4 tsp salt
- 2 eggs beaten
- 1/4 cup Parmesan cheese, finely grated

1. In a medium size saucepan, melt 3 Tbsp of the butter over medium heat. Add flour and cook, stirring for 1 to 2 minutes without browning. Gradually whisk in milk and broth and cook, stirring constantly until smooth and thickened. Remove from heat, let cool 5 minutes
2. In a large bowl, combine chicken, 1 cup of the bread

crumbs, parsley, salt and eggs. Mix well. Pour in sauce, blend and cover. Chill 2 hours, until set

3. Preheat oven to 350. Combine Parmesan cheese and remaining 1/4 cup bread crumbs in a shallow dish. Shape chicken mixture into 2 1/2-3 inch balls then roll into ovals (make 8). Roll croquettes in bread crumb mixture.
4. Arrange croquettes in a greased 12x8x2 inch baking dish. Melt remaining 2 Tbsp butter and drizzle over croquettes. Bake 20 minutes, until golden brown.