

## **CHICKEN FRANCAISE**

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1 lb. chicken cutlets	fresh parsley (about 1/4 cup) or dried parsley
1 egg, beaten	(about 1 Tbsp.)
flour	1/2 can chicken broth (2 cups)
1/2 stick butter	Fresh lemon juice to taste
2 cloves garlic, chopped fine	

Dip cutlets in egg then coat with flour. Fry in oil over medium heat. When cutlets are cooked, clean skillet thoroughly and melt butter and sauté garlic and parsley. Add chicken broth and lemon juice, cook until heated. Add cooked cutlets and let simmer for about 15 minutes. Serve over rice or pasta. Can be made the day before or made weeks before and frozen.

## **LEMON RISOTTO**

6 cups canned low-salt chicken broth	1/4 cup white wine
3 1/2 tablespoons butter	1 cup Parmesan cheese (about 3 ounces)
1 1/2 tablespoons olive oil	2 tablespoons chopped fresh parsley
2 large shallots, chopped	2 tablespoons fresh lemon juice
2 cups arborio rice or medium-grain white rice	4 teaspoons grated lemon peel

Bring broth to simmer in large saucepan over medium heat. Reduce heat to low; cover to keep warm. Melt 1 1/2 tablespoons butter with oil in heavy large saucepan over medium heat. Add shallots and sauté until tender, about 6 minutes. Add rice; stir 1 minute. Add wine and stir until evaporated, about 30 seconds. Add 1 1/2 cups hot broth; simmer until absorbed, stirring frequently. Add remaining broth 1/2 cup at a time, allowing broth to be absorbed before adding more and stirring frequently until rice is creamy and tender, about 35 minutes. Stir in cheese and remaining 2 tablespoons butter. Stir in parsley, lemon juice, and lemon peel. Season risotto with salt and pepper. Transfer to bowl and serve.

**Kathy's Just Desserts, Inc. DBA Kitchen Wizards**  
**Phone: 610 348-5284**

**Email: [kathy@kitchenwizards.info](mailto:kathy@kitchenwizards.info)**

**Website: [www.kitchenwizards.info/events](http://www.kitchenwizards.info/events)**

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