

Chicken Kiev

- $\frac{1}{4}$ cup margarine (or butter) softened
 - $\frac{1}{4}$ Tbsp. grated onion
 - 1 " chopped fresh parsley (I used dried)
 - $\frac{1}{2}$ tsp. garlic powder
 - $\frac{1}{2}$ " dried tarragon
 - $\frac{1}{4}$ " pepper
 - 6 boneless chick. breast halves
 - 1 egg
 - 1 Tbsp. milk
 - 1 envelope chicken coating mix
- instead I used crushed cornflakes
with $\frac{1}{2}$ tsp. paprika + some parsley. \rightarrow
- Combine marg., onion, parsley, garlic,

Tarragon + pepper, shape mixture into 6
pencil-thin strips about 2 in. long, place
on waxed paper, freeze till firm approx 30 min.
Flatten each breast to (approx) $\frac{1}{4}$ in. Place
one butter (marg.) strip in the center of each
breast. Fold long sides over butter, fold
ends up + secure with 1 or 2 toothpicks.
In a bowl beat eggs + milk, dip chicken
then roll in cornflake mix. Place chicken
seam side down in a greased baking pan
Bake uncovered at 425° (top high) for
35-40 min. or till chicken is no longer
pink + juices run clear. $\$$