

FORTY-CLOVE GARLIC CHICKEN

Heat rating: Hot

Relax! The garlic cloves mellow during cooking and contribute only a hint of garlic to the food (and your breath).

- 3 pounds meaty chicken pieces (thighs, breasts, and drumsticks)
- 2 tablespoons cooking oil
- 40 cloves garlic, unpeeled
- ½ cup dry white wine
- 2 tablespoons lemon juice
- 2 teaspoons cracked black pepper
- ⅞ to 1 teaspoon ground red pepper
- Chicken broth
- French bread (optional)
- Hot cooked pasta (optional)

→ 1 ½ cups broth

3 tbsps butter

½ cup flour

(add little bit at a time, don't use all if not needed)

Skin chicken, if desired. Rinse chicken and pat dry. Sprinkle lightly with salt. In a 12-inch skillet heat oil over medium heat. Add chicken pieces, placing meaty pieces toward the center of the skillet. Cook, uncovered, about 15 minutes, turning to brown evenly. Drain off fat.

Add *unpeeled* garlic cloves, wine, lemon juice, and cracked black pepper to skillet. Sprinkle chicken with red pepper. Bring to boiling; reduce heat. Cover and simmer for 35 to 40 minutes or till chicken is tender and no longer pink.

Remove chicken and garlic to a serving platter; keep warm. Measure juices from skillet. Add enough chicken broth to skillet juices to equal

2 ½ cups

For sauce, in the skillet melt margarine or butter over medium-low heat. Stir in flour. Add reserved juices. Cook and stir till thickened and bubbly. Cook and stir 1 minute more. Spoon sauce over chicken. Serve with pasta, if desired.

To eat garlic, squeeze the unpeeled clove between your thumb and index finger till the clove pops out of its peel. You can eat the garlic clove whole or spread it over slices of French bread, if desired. Makes 6 servings.

Nutrition facts per serving: 350 calories, 18 g total fat (4 g saturated fat), 104 mg cholesterol, 270 mg sodium, 8 g carbohydrate, 1 g fiber, 36 g protein.
Daily Value: 4% vitamin A, 15% vitamin C, 4% calcium, 13% iron.