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Chicken Kiev

- 4 Large chicken breasts
- 4 Tbsp butter
- 4 Cloves fresh garlic (crushed)
- 4 Tsp lemon juice
- 2 Eggs
- 1/2 Cup milk
- 2 Cups bread crumbs
- 1 Tsp black pepper
- 1 Tsp salt
- Couple of dashes of dried parsley
- Toothpicks

- 1) Preheat your oven to 350 degrees.
- 2) Pound your chicken until it is the same thickness through out the breast.
- 3) Place some butter, the garlic, lemon juice and parsley in the center.
- 4) Roll chicken up tight and seal it with tooth picks.
- 5) Mix eggs and milk until smooth.
- 6) Mix the bread crumbs, salt, pepper, and garlic together.
- 7) Dip chicken on the milk/egg mixture, and roll it in the bread crumbs.
- 8) Bake 15-20 minutes or until they are golden brown and firm to the touch.
- 9) Pull out toothpicks and serve.

Makes 4 Servings