

Main Dishes

Poultry

Chicken Croquettes

My family loves the croquettes with a tossed salad and even corn-on-the-cob. You can use left-over turkey in place of the chicken .

3 Tb. butter
1/3 cup flour
1 tsp. salt
1 cup milk

2 cup chopped cooked chicken
1 Tb. minced onion
2 Tb. minced parsley

1/2 cup all-purpose flour
3 eggs
2 Tb. lemon juice
2 cups fine bread crumbs
oil for frying



Make a white sauce by melting butter and blending in flour, salt and milk.
Cook over low heat, stirring constantly until thick and smooth.

Add chicken, onion, and parsley; spread in a shallow greased pan. Chill at least 4 hours.

Divide into 3-inch x 1-1/2-inch portions and shape into logs.

With a fork, lightly beat eggs and lemon juice.
Dip croquettes, first into flour, then egg mixture and then into bread crumbs.

Fry at 350 degrees, until golden brown. Drain on absorbent paper towels.

Yield: 12 to 15 logs.

NOTE: These croquettes can be baked if you want to eliminate calories.
Place croquettes in shallow baking dish, drizzle with 3 Tablespoons of melted butter.
Bake at 400 degrees for 30 minutes. Remove baking dish, turn croquettes carefully in dish and return to oven and bake 10 to 15 minutes more or until golden brown.

Recipe can be doubled.