

Barbequed Chicken Breasts

INGREDIENTS

1 tablespoon butter or margarine
1 small onion, peeled, finely chopped
1/2 cup rice
1 teaspoon ground turmeric
1 bay leaf
3 cloves
Salt to taste
1 cup water
4 chicken breasts
Wax paper

- Melt the butter in medium saucepan; saute the onion and the rice in the butter until the onion is transparent
- Add the turmeric, bay leaf, cloves and salt
- Stir in water and bring to a boil; cover, then simmer gently until the rice is tender and all the water has been absorbed; about 20 minutes
- Remove bay leaf and cloves
- Place the chicken breasts between sheets of waxed paper and beat until thin
- Place a little of the rice stuffing on each breast and roll up. then secure with a skewer
- Cook over a barbeque, turning only once, until cooked

Serves 4