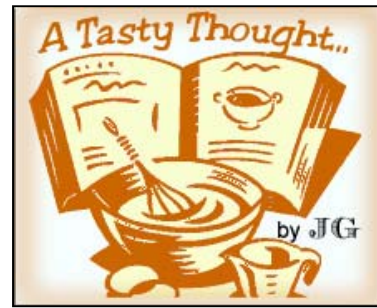


A Recipe compliments of



TRIM ON DOTTED LINE AND
FOLD FOR RECIPE CARD



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Chicken a la King

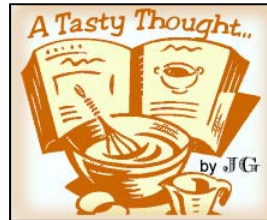
Serves 2 – 3 adults

1/4 cup unsalted margarine or butter, melted
1/3 cup flour
1 cup College Inn unsalted, low fat chicken
broth added in slowly
1 cup milk

Fully cooked chicken piece cut into small
chunks

Cooked vegetables (can be carrots or frozen
peas & carrots that have been microwaved)

Toasted bread



Method:

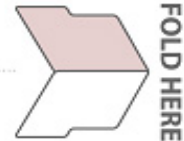
1. Melt margarine or butter in pan and remove from heat.
2. Slowly stir in flour.
3. Slowly add in chicken broth and milk while stirring constantly.
4. Continue stirring mixture constantly over heat until sauce is thick and is bubbly.
5. Cut cooked chicken into chunks and add into sauce.
6. Add in cooked vegetables.
7. Stir and heat mixture.
8. Serve over toasted bread.

Interesting Hints

- This is delicious served over an opened baked potato.
- A 1/2" thick piece of "store baked turkey breast" will substitute very nicely if cooked chicken is not handy.
- Double the recipe, if needed!
- **Just remember the cranberry sauce!!!**

Enjoy!!!

JG



FOLD HERE