



Chicken 'a la King

YIELD: 2 SERVINGS (1 SLICE OF TOAST AND 1 ¼ CUPS CHICKEN MIXTURE PER SERVING).

INGREDIENTS

- 1 cup chopped, cooked chicken breast
- ¼ cup fat-free milk
- ¼ cup frozen English peas, thawed
- ¼ teaspoon pepper
- 1 (10 ¾ ounce) can reduce fat reduced sodium cream of chicken soup, undiluted
- 1 (7 ounce) can sliced mushrooms, drained
- 1 (2 ounce) jar diced pimiento, drained
- 2 tablespoons less fat sour cream
- 2 slices reduced-calorie whole wheat bread, toasted

DIRECTIONS

1. Combine first 7 ingredients in a large saucepan; cook over low heat 10 minutes, stirring often. Remove from heat. Stir in sour cream.
2. Cut each slice of toast in half diagonally, if desired and place on serving plates. Spoon 1 ¼ cups chicken mixture evenly over each serving of toast. Sprinkle with paprika.

Lemon-Dill Carrots

YIELD: 8 SERVINGS

INGREDIENTS

- 8 medium-size carrots, scraped and diagonally sliced
- 1 teaspoon cornstarch
- 1 tablespoon lemon juice
- 1/3 cup water
- 1 teaspoon margarine
- 1/2 teaspoon dried dillweed
- 1/4 teaspoon grated lemon rind
- 1/8 teaspoon salt
- Fresh dillweed sprigs (optional)

DIRECTIONS

1. Arrange carrots in a vegetable steamer over boiling water. Cover; steam 2 to 3 minutes or until crisp-tender. Transfer carrots to serving bowl and keep warm.
2. Combine cornstarch and lemon juice in a small saucepan, stirring until smooth. Add water; cook over medium heat, stirring constantly, until thickened.
3. Stir in margarine and next 3 ingredients. Cook, stirring constantly, until margarine melts.
4. Pour lemon juice mixture over carrots and toss gently. Garnish with dillweed sprigs, if desired.



SUPPORTED BY LELAND MEDICAL CLINIC

**To view the recipe segments, please visit
lelandmedicalclinic.org/deercreekdinners**