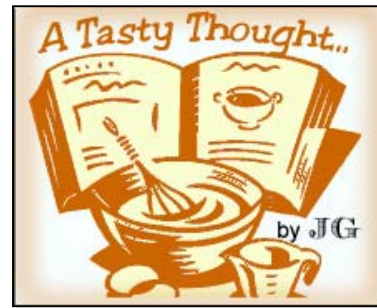


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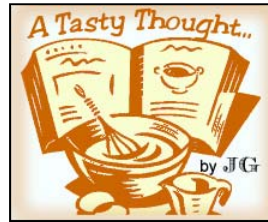


TRIM ON DOTTED LINE AND
FOLD FOR RECIPE CARD

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Cheesy Veggie Chicken

Last night we enjoyed a delicious chicken dinner. Fortunately, there were a few extra pieces of baked chicken on the serving dish. This definitely is an invitation to me to use the microwave tonight for a simple, colorful and nutritious dish. A bag of frozen mixed broccoli & cauliflower will be combined with the pieces of chicken cut into bite sized pieces to make another yummy meal!



Ingredients

- Leftover pieces of baked/roasted chicken
- (1) 16 oz. bag of frozen broccoli & cauliflower
- (1) can Healthy Request Cream of Mushroom soup
- 1/3 cup of milk
- (1) cup shredded Taco Cheese

Directions:

1. Microwave (1) bag of frozen mixed broccoli & cauliflower four minutes less than directions.
2. Spray a microwave safe serving dish about 5" x 10" with PAM. Place vegetables mixed with bite sized chicken pieces in pan.
3. Mix (1) can Healthy Request Cream of Mushroom soup with 1/3 cup milk.
4. Spoon soup mixture over chicken & vegetables.
5. Sprinkle (1) cup shredded Taco cheese over top.
6. Cover with plastic wrap, leaving opening at one corner to vent.
7. Microwave about 8 minutes & 30 seconds, or until hot and bubbly.

ENJOY!!!
JG

