

CLASSY CHICKEN

THIS IS REALLY EASY AND YOUR COMPANY WILL LOVE IT.

3 CHICKEN BREASTS, SKINNED & DEBONED	
1/4 TSP. PEPPER	1 mL
3 TBSPS. OIL	45 mL
1-10 oz. PACKAGE FROZEN ASPARAGUS	280 g
OR BROCCOLI (FRESH IS EVEN BETTER)	
1-10 oz. CAN CREAM OF CHICKEN SOUP	284 mL
1/2 CUP MAYONNAISE	125 mL
1 TSP. CURRY POWDER	5 mL
1 TSP. LEMON JUICE	5 mL
1 CUP GRATED CHEDDAR CHEESE	250 mL

CUT CHICKEN INTO 2" x 4" (5 cm x 10 cm) PIECES AND SPRINKLE WITH PEPPER. SAUTÉ SLOWLY IN OIL OVER MEDIUM HEAT UNTIL WHITE AND OPAQUE, ABOUT 6 MINUTES; DRAIN. COOK ASPARAGUS OR BROCCOLI UNTIL TENDER CRISP, DRAIN AND ARRANGE IN BOTTOM OF BUTTERED 7" (18 cm) DIAMETER CASSEROLE. PLACE CHICKEN ON TOP. MIX SOUP, MAYONNAISE, CURRY, AND LEMON JUICE TOGETHER AND POUR OVER CHICKEN. SPRINKLE TOP WITH CHEDDAR CHEESE AND BAKE UNCOVERED AT 375°F (190°C) FOR 30 TO 35 MINUTES. SERVES 4-6. SERVE WITH A MANDARIN ORANGE SALAD - 'ENJOY!' (PAGE 71).