

Studio 5

Friday, April 20, 2007

“Baked Chicken Puff”

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Dairy Farmers of Utah

Ingredients:

- 1 can (10.75 oz) cond. cream chicken soup
- 1 can (4 oz) sliced mushrooms, drained
- 2 cups cooked cubed chicken*
- 1 cup frozen peas and carrots**
- 1/4 cup milk
- Seasoning to taste, optional
- 1/2 cup milk
- 4 tablespoons butter
- 1/2 cup flour
- 1/4 teaspoon salt
- 2 eggs
- 1/4 cup grated Parmesan cheese

Method:

Preheat oven to 400 degrees.

Combine canned condensed soup, drained mushrooms, frozen vegetables, cooked chicken and 1/4 cup milk; as desired, season to taste. Place in bottom of 9x9 pan or 1 1/2 -qt casserole.

In medium saucepan, bring milk and butter to a boil over medium heat. Add flour and salt and quickly stir until mixture forms a ball (about 1 minute). Remove from heat and beat in eggs, one at a time, until batter is smooth. Stir in Parmesan cheese. Drop teaspoonfuls on top chicken mixture.*** Bake 35 minutes or until puffed and golden brown.

Notes:

Versatile casserole nestled in a puff shell. Change the flavor by using your favorite seasoning; or try different seasonings when cooking chicken. To complete meal, add additional fruit, vegetables and a glass of milk. Serves 6

* To quickly cook raw chicken for this recipe, cut into bite-size pieces boneless skinless chicken breasts. Heat medium skillet with 1-2 tablespoons oil, add chicken and stir fry until cooked through. This is a nice recipe to use left-over cooked chicken.

** Try substituting a variety of frozen vegetable medleys for a nice variation.

*** For variation, drop puffs on cookie sheet and bake separate from filling. Heat filling, either in the microwave or covered in the oven. When ready to serve, transfer cooked cream puffs to the top of the cooked filling. This method will result in a more golden brown and taller puff.

For nutrition analysis go to www.dairycouncilutnv.org

Nutrition Facts	
Serving Size 1/6	
Servings Per Container 6	
Amount Per Serving	
Calories 320	Calories from Fat 160
% Daily Value*	
Total Fat 18g	27%
Saturated Fat 8g	41%
Cholesterol 140mg	47%
Sodium 810mg	34%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Sugars 3g	
Protein 22g	
Vitamin A 35%	Vitamin C 2%
Calcium 15%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	