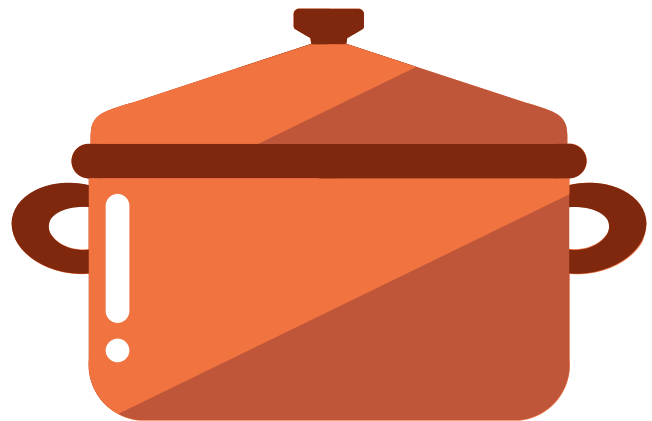


CHICKEN CORDON BLUE CASSEROLE

Ingredients:

- 4 chicken breast
- 4 slices of ham
- 4 slices of swiss cheese
- 1 can Cream of Chicken Soup
- 1 cup milk or water
- ½ cup butter
- 1 box stove top stuffing



Instructions:

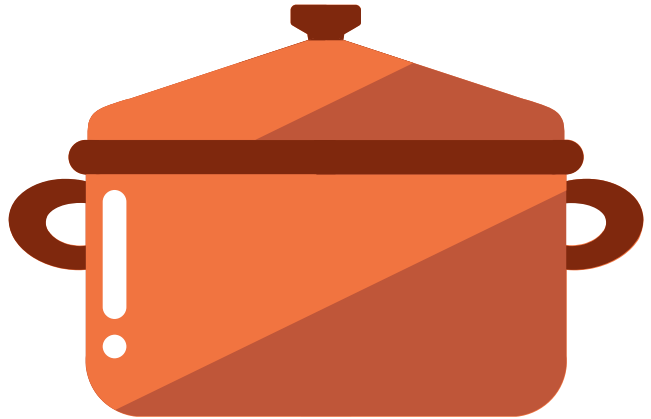
1. Mix can of soup and 1/2 cup milk or water
2. In a greased casserole dish layer chicken, then ham, then cheese
3. Melt butter and combine with stuffing mix and ½ cup water
4. Pour soup mixture over the layers
5. Sprinkle stuffing on top of casserole mixture
6. Bake at 350 for 60-90 minutes.

Serve with a side of fresh, frozen, or canned vegetables or a side salad.

CHICKEN ENCHILADAS

Ingredients:

- 4 chicken breast
- 1(15 oz) can of tomato sauce
- 2 cans cream of chicken soup.
- 2 cups sour cream
- 1.5 cups shredded cheddar cheese
- 10 flour tortillas



Seasonings:

½ tsp salt or onion salt
¼ tsp pepper

Instructions:

1. Cook chicken breasts in a skillet on the stove and cut cooked chicken into cubes
2. In a greased 9x13 casserole dish spread half the tomato sauce on bottom
3. In a large bowl combine soup, sour cream, salt and pepper, chicken cubes , and 1 cup shredded cheese
4. Spread ½ cup of mixture into center of tortilla and roll tortilla placing seam side down in casserole dish
5. Top with remaining tomato sauce and sprinkle with remaining cheese
6. Bake at 350 for 45 minutes

Add diced onions and diced Jalapenos to mixture for added flavor. Add a can of black beans for more protein and fiber

C H I C K E N P A R M E S E A N

Ingredients:

- 4 chicken breast
- 1 egg slightly beaten
- $\frac{3}{4}$ cup Italian dried bread crumbs
- 1 Jar of Pasta Sauce
- 1 cup shredded mozzarella



Instructions:

1. Preheat oven to 400 degrees
2. Coat chicken breasts in egg mixture, then coat with bread crumbs
3. Place breaded chicken breast in a 13x9 baking dish
4. Bake uncovered for 20 minutes
5. Pour Pasta sauce over chicken and top with mozzarella
6. Bake an additional 10-20 minutes (until chicken is cooked, not pink inside)

Serve with a side of fresh, frozen, or canned vegetables or a side salad.