

## **Chicken a la King**

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 30 minutes

Serves: 4-6

**Chints:** When I was a child, this was my favorite meal.

Mom would serve it over toasted bread with a side of peas

In these days there are so many whole grain breads and

pastas that can be used with the dish. You also need 2-1/2 cups of cooked chicken, so you can use leftover chicken or turkey or purchase a rotisserie chicken from your market. One chicken will yield about 4 cups of meat. You'll have extra to use on a salad or in a soup. Also, when you are separating the eggs to use the yolks, refrigerate the whites and use them as part of your healthy breakfast the next day.



1-1/2 cups 2% milk

1/2 cup half and half

2 tablespoons butter

1 tablespoon olive oil

4 ounces sliced mushrooms

1 stalk celery, thinly sliced

1/4 cup yellow onion, diced

1/4 cup green and red bell peppers, diced

2 gloves minced garlic

1/4 cup wheat or white flour

1/2 cup fat-free chicken broth

2 teaspoons fresh oregano, chopped  
or 1/2 teaspoon dried oregano

Salt and pepper to taste

2 large egg yolks

2 cups frozen peas, thawed

2-1/2 cups cooked chicken, shredded

Serve with a green side vegetable

Serve over 4-6 servings of multi-grain or whole wheat bread, biscuits, pasta or rice.

Traditionally this is served over your favorite toasted bread, but it's also good over flat noodles or rice. Think ahead and plan to have your choice toasted or cooked by the time the recipe has finished cooking.

Combine the milk and half and half in a saucepan. Bring to a simmer, cover and remove from the heat. The goal is to warm the mixture so it will thicken better when added later on.

Add the butter and oil to a large nonstick skillet over medium heat. Use a wooden spoon to move the butter around until it melts. Add the onions and celery and cook for 2 minutes. Add the mushrooms through peppers to the pan and cook for 3 minutes, stirring occasionally. If you are using dried oregano, you need to add it now or if you are using fresh, you will want to add it near the end. Add the garlic for 30 seconds and then sprinkle in the flour. Stir constantly for 3 minutes. Return the pan to the heat and stir in the broth and the milk mixture. Reduce the heat and stir constantly for 2 minutes. Add the peas and chicken and allow the sauce to thicken for about 3 minutes. Remove from the heat and add the oregano and a dash of salt and pepper.

Start your side vegetable now so it is done when the dish is finished.

In a small bowl, whisk together the egg yolks. Add 2 large spoonfuls of the white sauce to the eggs and whisk again. This will help get the eggs to the temperature of the sauce. Gently pour the egg mixture into the white sauce. Simmer on low for 3 minutes.

Serve the sauce over the bread or pasta along with your side dish.