



Chicken a la King (Meatless)

Modified from recipe by Dr. Jean Slate

1 large can (42 ounce) FriChik or 2 small (13 ounce) cans

2 sticks butter or margarine

8-16 ounces fresh or canned mushrooms*

1 jar (7 ounces) pimentos, drained

2 boxes Green Giant frozen Baby Peas

McKay's chicken style seasoning or George Washington Broth (1-2 tablespoons or to taste)

Lightly toasted sliced almonds

Top with fresh or dried parsley

Directions: Melt 2 sticks of butter or margarine in large pan or Corning bowl on low heat. Blend in 2 cups of flour to make a paste. Tease each piece of FriChik into 6 or 8 pieces using side pressure on the knife. Add the FriChik juice to the mixture and mix in the FriChik pieces. Thaw and very lightly cook (2 minutes in microwave) the 2 packages of Baby Peas. Add the peas and McKay's or George Washington seasoning. Cook briefly in the microwave (5 to 10 minutes or so) as this mixture burns easily. When using stove, constant stirring is necessary. Drain the pimento before adding (Juice gives strange color if added) Add almonds and garnish with parsley

Serve over brown rice, baked potato, in Pepperidge Farm Pastry Cups, or on toast

*May use Asian straw or oyster mushrooms and water chestnuts over a nest of brown rice served with snow peas or stir-fry and end the meal with a fortune cookie

Submitted by Catherine W. of North Carolina