

## Chicken A La King

**Serves: 4**

### Ingredients

1 Tbsp. butter	1 Tbsp. powdered chicken stock
1 cup fresh mushrooms, chopped	2 cups cooked chicken breast without skin
½ cup finely chopped green bell peppers	1 jar (4 ounces) chopped pimiento
¼ cup all purpose flour	4 slices whole wheat bread, toasted
½ tsp. freshly ground black pepper	
4 cups (1 quart) fat free or low fat milk, at the boiling point	

Melt the butter in a large skillet over medium-low heat. Add the mushrooms and green pepper and cook, stirring frequently, for about 8 minutes or until the peppers are crisp tender. Add the flour and black pepper, mix well and continue to cook, stirring constantly for 3 minutes.

Add the hot milk and chicken stock base and bring to a boil, stirring constantly. Reduce the heat to low and simmer, stirring frequently, until slightly thickened, about 15 minutes.

Add the chicken and pimiento and continue stirring until heated through.

To serve, spoon 1 cup of the mixture over each slice of toast.

Per serving: 297 calories, 344 mg calcium, 6 g fat, 46 mg cholesterol, 649 mg sodium, 35 g carbohydrates, 26 g protein.