

Chicken Almond Supreme

Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.

Servings: 6

4 tablespoons butter
1/2 cup sliced mushrooms
1 cup onion, thinly sliced
1 green pepper, sliced
1 cup chicken broth
2 cups celery, sliced
3 cups cooked chicken, sliced
1/2 cup water chestnuts
1 cup bean sprouts
1 tablespoon cornstarch
1/2 cup browned butter
almonds

In a skillet, cook the mushrooms, onion, and green pepper in butter until soft. Add the chicken broth and celery. Cook until barely tender.

Add the chicken, water chestnuts and drained bean sprouts. Heat through.

In a bowl, combine the cornstarch with a little water. Blend with the mixture.

Serve over oven-warmed chow mein noodles with soya sauce or steamed rice, if desired.

Garnish with almonds.

Per Serving (excluding unknown items): 229 Calories; 11g Fat (44.4% calories from fat); 24g Protein; 8g Carbohydrate; 2g Dietary Fiber; 80mg Cholesterol; 297mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1 Vegetable; 1 1/2 Fat.