



Chicken A La King Ramped Up!

Ingredients:

- 1 Chicken Alfredo packet
- 8 oz. no-salt chicken broth
- 1 cup your choice vegetables (*examples – green onions, peppers & celery*)
- Salt & Pepper, to taste

Directions:

1. Begin to sauté the vegetables in a lightly sprayed pan; add 2 ounces chicken broth; cover for a few minutes, cooking until the vegetables are softened.
2. Remove vegetables from heat; add the remaining chicken broth and whisk in the Chicken Alfredo packet until smooth.
3. Return the mixture to the pan and heat slowly until heated through (DO NOT BOIL!)
4. Remove pan from heat and allow to sit covered for 3-4 minutes to allow the dehydrated vegetables to soften.
5. Enjoy!

Servings: makes 1 serving.

Each serving = 1 protein product, 8 oz. lean protein, 1 cup select/occasional vegetables.

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