

Chicken Tetrazzini

Ingredients:

- 6 oz Thin spaghetti
- ¼ cup margarine
- ¼ cup flour
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 cup chicken broth (1 cup water + 1 tsp chicken bouillon)
- 1 cup skim milk
- 2 cups **CUBED** cooked chicken (2 half breasts)
- 1 tsp oil
- ¾ cup grated Parmesan cheese

Directions: Place a group members name beside each step in the recipe.

- _____ 1. Cook spaghetti according to package directions. (largest kettle, 2/3 full, highest heat, back burner, cover to heat water, uncover to cook) **DRAIN** well
- _____ 2. **CUBE** raw chicken breast on cutting board. **Brown** in Frying pan coated with 1 tsp oil, use medium heat. (should be lightly brown in color)
- _____ 3. **MELT** margarine in Medium saucepan over low heat. (use **BLACK** tool)
- _____ 4. **Measure** flour, salt & pepper and blend into margarine in saucepan.
- _____ 5. Cook margarine-flour mixture over low heat, stirring until mixture is smooth and bubbly.
- _____ 6. Remove from heat. **STIR IN** milk and chicken broth (made by mixing 1 cup hot water with 1 tsp bouillon)
- _____ 7. Return to heat. Heat to **BOILING**, stirring constantly.
- _____ 8. Boil and stir 1 minute.
- _____ 9. Combine vermicelli, Sauce and browned chicken. The large pasta kettle works well for this.
- _____ 10. Pour into **UNGREASED** glass 9 x 9 pan
- _____ 11. **SPRINKLE** with parmesan cheese.
- _____ 12. Cover with Aluminum Foil. Label with group # and Hour
- _____ 13. Bake covered at 350° for 30 minutes. Serves 6.