

Recipe for freezer meals – chicken and vegetable scallop

CHICKEN AND VEGETABLE SCALLOP

2 c cubed cooked chicken
10 oz frozen corn, thawed
10 oz frozen peas, thawed
2 T butter
2 T chopped onions
3 T flour
1/2 t salt
1/4 t pepper
1 c chicken broth
1/2 c milk
2 eggs, beaten
1/4 c seasoned bread crumbs
1/4 c grated cheddar cheese

- Combine chicken, corn and peas in 9X13 greased pan.
- Melt butter, add onion, cook until soft. Blend in flour, salt and pepper, cook 1-2 min without browning. Gradually whisk in broth and milk. Bring to boil and cook stirring constantly until thick and smooth.
- Remove from heat and stir in eggs, pour over chicken mixture.
- Freeze in 2 gallon ziploc bag.
- In separate bag, combine bread crumbs and cheese to sprinkle on top before baking.

(thaw) Remove from bag, cover with foil and bake 20 min in 350 oven. Uncover and bake 10 min until lightly browned on top. Serves 6.