

Easy Creamy Chicken



Serves 4

Ingredients:

- 6 to 8 ounces leftover chicken, chopped (2 large chicken breasts or yield from 1 rotisserie chicken)
- 1 to 2 cups leftover vegetables (e.g., broccoli, peppers, onions, mushrooms, or spinach)
- 2 tablespoons butter
- 1 cup cream or sour cream*
- $\frac{1}{2}$ cup grated cheese (e.g., Parmesan)
- Salt and pepper, to taste

Instructions:

1. Melt butter over medium-high heat in large skillet.
2. Add cream and stir; toss in cheese.
3. Let mixture start to bubble, then add chicken and vegetables.
4. Salt and pepper to taste. Serve.

Note:

*You may substitute $\frac{1}{2}$ cup cream and $\frac{1}{2}$ cup chicken broth.

Nutrition per serving: Calories 396; Total Fat 24.7 g; Saturated Fat 13.3 g; Monounsaturated Fat 6.7 g; Polyunsaturated Fat 1.8 g; Total Carbohydrates 8.3 g; Dietary Fiber 2.8 g; Sugar Alcohols 0.1 g; Sugars 3.0 g; Protein 35.5 g; Sodium 416 mg