

AMP Recipes

Chicken Tetrazzini (Friday)

2 tbsp. margarine
1 pk. of Lipton Onion Soup (in a separate large bowl add ½ cup of water to mix)
½ c. onion, chopped
½ c. green beans
½ c. corn
4 oz. chicken, cooked
1/4 tsp. soy sauce
4 oz. spaghetti, cooked and drained

Optional—cheese 1oz

Preheat oven to 350 degrees F. Pour mixture into a nonstick baking pan. Sprinkle cheese if desired. Cover with foil and bake for 20 minutes. Serve & enjoy!

Pasta Chicken Primavera (Saturday)

2 tbsp. margarine
1 broccoli floret
½ c. onion, chopped
¼ c carrots chopped
4 oz. chicken, cooked
1/4 tsp. soy sauce
4 oz. spaghetti, cooked and drained

Melt margarine in pan. Stir in broccoli, onion and carrots. Cover and cook for 5-8 minutes until crisp and tender. Stir in chicken, and soy sauce. Spread over hot spaghetti. Enjoy!

Spaghetti Chicken Salad (Sunday)

4 oz. spaghetti, cooked and drained
½ c. cucumber, chopped or julienned
¼ c carrots chopped or julienned
4 oz. chicken, cooked
½ tsp. soy sauce

Combine all ingredients by tossing to coat. Serve cold and enjoy!