

Chicken Pillows

1 chicken breast, trimmed
8 oz. cream cheese, softened
1/2 tsp. dried chives
1/8 tsp. salt
1/8 tsp. pepper
1/2 tsp. onion powder

1 can crescent rolls
1/3 c. crushed bread crumbs
1/4 c. melted margarine
1/2 can cream of chicken soup
1/4 c. water

1. Preheat the oven to 325°.
2. With kitchen shears, trim and cut chicken into small, bite-sized pieces.
3. In a heavily sprayed skillet over medium-high heat, cook chicken breast until brown and cooked throughout. Set aside.
4. With your electric mixer, whip the cream cheese until soft and creamy in a medium sized bowl. Add dried chives, salt, pepper and onion powder and blend until combined.
5. Remove electric mixer and with a wooden spoon, stir in cooked chicken. Set aside.
6. Open crescent rolls and separate into individual triangles. Press out the triangles so that they double in size.
7. Take a spoonful of the cream cheese/chicken mixture and place in the middle of each crescent roll until the entire mixture is evenly distributed.
8. Starting at the wide end, roll the crescent triangle toward the narrow end, pinching the dough together as you go, until all of the mixture is covered by the dough. (Make sure that all of the cracks are pressed together so that the mixture does not melt out as it bakes.)
9. Now, roll the entire chicken pillow in the melted butter and again in the crushed croutons.
10. Place on a greased cookie sheet, evenly spaced. Bake at 325° for 20 to 25 minutes, or until the crescent rolls are golden brown.
11. While the chicken pillows are cooking, in a small saucepan, combine the cream of chicken soup and water and whisk over medium heat until completely combined. It should be smooth, with no lumps. When chicken pillows are done, remove from oven, place on individual plates and cover with cream sauce. Eat and enjoy.

Recipe Evaluation

1. What food source do complete proteins come from?
2. What food source do most incomplete proteins come from?
3. Is it possible to combine incomplete proteins? YES NO
What are these combined proteins called?
What is a food example?
4. What is the most important function of protein?
5. If the body does not have enough carbohydrates or fat, what nutrient will it use for energy?
Is this a good thing?