



Chicken à la King

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
7.7 lbs	boneless skinless chicken (approx. twenty 6 oz (170 g) pieces)	3.5 kg
1/3 cup	butter	80 mL
1/3 cup	all-purpose flour	80 mL
8 cups	milk	2 L
6 cups	low-sodium broth	1.5 L
1 tbsp	garlic, minced	15 mL
1/4 cup	vegetable oil	60 mL
2 cups	onion, diced	500 mL
2 cups	celery, diced	500 mL
4 cups	green peas	1 L
1 tsp	salt	5 mL
Optional:	herbs, fresh or dried pepper	

Instructions

1. Preheat oven to 350°F (180°C).
2. Place chicken on a parchment-lined baking sheet. Bake for 25 – 30 minutes until internal temperature reaches 165°F (75°C). Cool slightly, and then dice chicken.
3. Meanwhile, in a medium saucepan, melt butter.
4. Whisk flour into the melted butter and cook for 1 – 2 minutes until bubbling.
5. Slowly add milk and broth, whisking constantly.
6. Cook sauce on low heat for 10 – 15 minutes, continually stirring until smooth and thick. Season with salt, and pepper and herbs, if using.
7. While sauce is thickening, heat oil in a skillet over medium-high heat. Add onion and cook until soft.
8. Add garlic and cook for 2 minutes.
9. Add celery and continue to cook for 2 minutes.
10. Once sauce has thickened, fold in sautéed vegetables, peas, and chicken

Note 1: Vegetarian Substitution suggestion is on page 2.

Note 2: Nutrition Information is on page 2.

Vegetarian Substitution suggestion:

Egg à la King – Use vegetable broth for the main recipe. Follow recipe instructions from Steps 1 to 7. Before adding chicken, remove enough sauce for desired number of vegetarian servings. Add boiled egg into the sauce and heat through.

For one vegetarian serving, use 1 boiled egg (see recipe) and ½ cup (125 mL) sauce.

Nutrition Information	
Serving 145 g (5 oz)	
Calories	130
Fat	4.5 g
Saturated 1.5 g	
+ Trans 0 g	
Sodium	110 mg
Carbohydrates	6 g
Fibre 1 g	
Sugars 3 g	
Protein	17 g
Calcium	60 mg
Iron	1 mg

Food Guide Servings
½ Vegetable & Fruit
½ Milk & Alternatives
1 Meat & Alternative