



For 6 servings, 2/3 cup each, you need:

- 2 cups cooked, cut-up chicken or turkey
- 2 hard-cooked eggs, sliced
- 1/4 cup chicken fat or margarine
- 1/3 cup flour
- 1-1/2 cups chicken broth or chicken bouillon
- 1-1/2 cups fluid milk
- 1/2 to 1 teaspoon salt, as you like
- Pepper, as you like
- 1/2 teaspoon poultry seasoning, if you like
- 6 slices toast or 12 hot biscuits

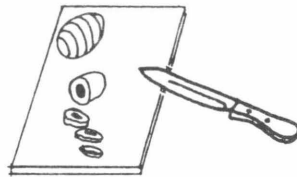
MENU SUGGESTION

- Diced Beets
- Cole Slaw
- Bananas in Orange Juice
- Milk Coffee

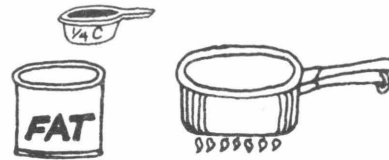
① Have ready...



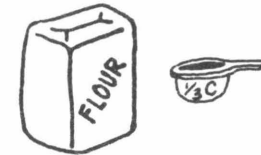
2 cups cooked, diced chicken or turkey,



2 sliced, hard-cooked eggs.



Melt 1/4 cup fat in a sauce pan.

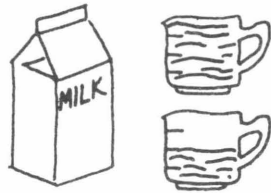


Mix in 1/3 cup flour.

② Slowly stir in...



1-1/2 cups chicken broth or chicken bouillon.



1-1/2 cups fluid milk,



1/2 to 1 teaspoon salt, as you like,



pepper, as you like,



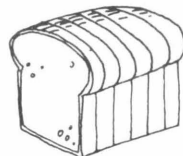
1/2 teaspoon poultry seasoning, if you like,

and the chicken or turkey.



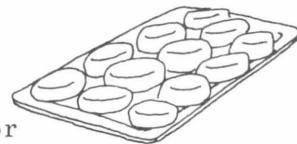
Cook stirring as needed, until thickened.

③

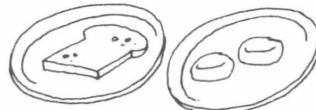


Toast 6 slices bread,

or



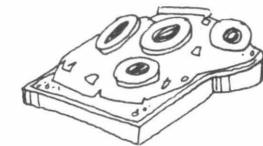
Put 12 biscuits in oven to bake.



Put one slice of toast or two biscuits on each serving plate.



Spoon chicken or turkey mixture over toast or hot biscuits.



Put egg slices on top.

SMART SHOPPER RECIPE

Virginia Cooperative Extension Service programs, activities, and employment opportunities are available to all people regardless of race, color, religion, sex, age, national origin, handicap, or political affiliation. An equal opportunity/affirmative action employer.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, and September 30, 1977, in cooperation with the U.S. Department of Agriculture. Mitchell R. Geasler, Director, Virginia Cooperative Extension Service, and Vice Provost for Extension, Virginia Polytechnic Institute and State University, Blacksburg, Virginia 24061; M. C. Harding, Sr., Administrator, 1890 Extension Program, Virginia State University, Petersburg, Virginia 23803.

VA EFNEP
6/84

348-162