

Cordon Bleu

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Cooking time (minutes):

11 Microwave

Yield:	cups	16	12	8	4
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cups

4.0

Chicken Breasts	can	lbs	4	3	2	1
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1.0

Put frozen breasts on paper plate

8 Microwave for 8 minutes per pound on high

Cut pocket in chicken

Vegatables, frozen	diced	cups	4	3	2	1
Soup, Cream Chicken	can	cups	2	1 1/2	1	1/2
Beans, green frozen		cups	2	1 1/2	1	1/2
Corn, frozen		cups	2	1 1/2	1	1/2
Milk		cups	2	1 1/2	1	1/2

1.0

0.5

0.5

0.5

0.5

0.5

Add to bowl & Mix

Ham	slice	#	8	6	4	2
Cheese, Swiss	slice	#	8	6	4	2

Add Ham & Cheese in cpocket of chicken

Secure with toothpick & Add to bowl

3 Microwave until heated - about 3 minutes

Serve &/or Add to container(s) & Frig for days or Freezer for months