

Asparagus-Cheese Chicken [To go back to INDEX - Click INDEX tab](#)

Cooking time (minutes):

3 Microwave

5 or Wok

cups

4.0

Yield:	cups	16	12	8	4
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Chicken Breasts	can	cups	4	3	2	1	1.0
Soup, Cream Celery	can	cups	3	1 1/2	1	1/2	0.5
Soup, Cheddar Cheese	can	cups	3	1 1/2	1	1/2	0.5
Asparagus, frozen		cups	4	3	2	1	1.0
Vegatables, frozen	diced	cups	4	3	2	1	1.0

Add to bowl & Mix

3 Cook until heated - about 3 minutes

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

OR

Add ingredients to wok

5 Cook until heated - about 5 minutes

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