

## Baked Chicken in White Sauce



### Makes:

12 servings

### Utensil:

Saladmaster Food Processor  
12" Electric Oil Core Skillet

**Rate** ★★★★★

### Recipe:

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1 pound  
boneless skinless chicken breast, cut into bite-size cubes  
(approximately ½  
kg)

1 clove garlic, shredded, use Cone #1

1 onion, strung, use Cone #2

16 ounces

(1 pint) heavy cream

(473

mL)

4 ounces

whole button mushrooms

(113

g)

8 ¼ ounces

whole kernel corn

(234

g)

3 potatoes, waffled, use Cone #5

10 ¾ ounces

cream of mushroom soup

(305

g)

8 ounces

white cheese, shredded, use Cone #1

(227

g)

**Directions:**

1. Set temperature on digital probe to 400°F/205°C and preheat electric skillet for approximately 5 minutes.
2. When several drops of water sprinkled in skillet skitter and dissipate, add chicken, onions and garlic. Sauté until onions are clear then cover and cook for 5 minutes.
3. Lower temperature to 250°F/120°C. Pour heavy cream over chicken, and top with whole mushrooms and corn kernels.
4. Spread potatoes in a layer and pour cream of mushroom soup over potatoes. Cover and cook for 15 minutes.
5. Evenly spread shredded cheese on top. Cover and cook for 3 minutes, or until cheese melts.
6. Serve.

Nutritional Information per

▼ Serving

**Calories:** 297  
**Total Fat:** 19g  
**Saturated Fat:** 11g  
**Cholesterol:** 86mg  
**Sodium:** 421mg  
**Total** 16g  
**Carbs:**  
**Dietary Fiber:** 2g  
**Sugar:** 2g  
**Protein:** 16g