

## Baked Chicken in White Sauce



### Makes:

12 servings

### Utensil:

Saladmaster Food Processor

12" Electric Oil Core Skillet

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### Contributed By:

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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 <sup>1</sup>/<sub>4</sub>

ounces

whole kernel corn

(234

g)

3

potatoes, waffled, use Cone #5

10 <sup>3</sup>/<sub>4</sub>

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 Carbs:**

16g

**Dietary Fiber:**

2g

**Sugar:**

2g

**Protein:**

16g