# Chicken Strata ala King

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This recipe is so versatile: Mix together the ingredients the night before, a few hours in advance or just before baking.

Make endless variations using the same basic proportions of ingredients. For example, use Italian seasoning instead of poultry seasoning. Substitute other types of frozen vegetables for the peas. If desired, simplify the recipe by leaving out the sweet red pepper and sliced mushrooms; simply add an extra cup of frozen vegetables.

## Chicken Strata a la King

(makes 6 servings)

- 1/2 cup chopped sweet red pepper
- 1 teaspoon instant minced onion
- 2 tablespoons water
- 1 package (10 oz.) frozen peas
- 1 can (5 oz.) chunk chicken
- 1 can (4 oz.) sliced mushrooms, drained
- 1 1/2 teaspoons poultry seasoning
- 4 cups day-old bread cubes (6 to 8 slices)
- 6 eggs
- 1 1/2 cups skim or low-fat (1%) milk

In medium saucepan, stir together pepper, onion and water. Cover. Cook over medium heat, stirring occasionally until softened, about 6 to 7 minutes. Add peas. Cover. Cook, stirring occasionally to break peas apart, until mixture is heated throughout. Stir in chicken, mushrooms and seasoning.

In large bowl, stir together vegetables and bread cubes. Spoon into lightly greased 8 x 8 x 2-inch baking dish. In large bowl, beat together eggs and milk until well blended. Pour over bread. Cover with foil.

Refrigerate several hours or overnight OR bake immediately in preheated 350° F oven 30 minutes. Uncover. Continue baking until golden brown and knife inserted near center comes out clean, about 30 to 40 minutes more.

**Source:** Recipe courtesy of American Egg Board at www.aeb.org

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