

Chicken with Corn Sauce

PREPARATION TIME
10 minutes

COOKING TIME
15 minutes



PERFECT PARTNER
buttered macaroni



Why put another item on your shopping list? When you don't have sour cream in the refrigerator, plain yogurt can be used instead. If you have low-fat yogurt, you'll save calories, too!

SHOPPING LIST

- chicken breasts • bacon
- sour cream • cream cheese
- whole kernel corn

ON HAND

- salt • pepper • milk
- dried onion flakes

Chicken with Corn Sauce

INGREDIENTS

- 4 skinless, boneless chicken breasts (4 ounces each)
- 3 slices bacon

CORN SAUCE:

- 3 ounces cream cheese, softened
- 1/4 cup milk
- 1 cup sour cream
- 1 teaspoon dried onion flakes
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 (11-ounce) can whole kernel corn, drained

SERVES 4

COOKIN'
Express

- Bacon bits make a quick, no-mess substitute for the bacon. All you need is 1/4 cup for this recipe.
- Don't hesitate to use leftover cooked chicken in this recipe. Just chop the chicken into bite-size pieces and add it to the corn sauce. Top chicken mixture with crumbled cooked bacon.

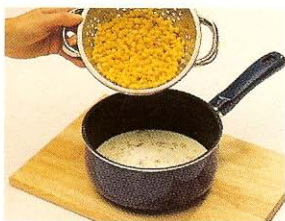
Make Ahead

Make corn sauce to have on hand. Place in a covered container and refrigerate for up to 3 days. Serve over open-face turkey sandwiches for a midweek meal.

♦ VARIATION

Present a more festive dish by using an 11-ounce can of Mexican corn, which contains colorful bell peppers.

1 Place chicken on broiler pan. Broil chicken for 4 minutes. Add bacon alongside. Broil, turning chicken and bacon once, for 10 minutes longer; drain bacon on paper towels.



2 For corn sauce, mix cream cheese and milk in a saucepan over low heat. Heat, stirring, until cream cheese melts; remove from heat. Add sour cream, onion flakes, salt, pepper and corn.

3 Heat corn sauce to serving temperature over medium heat, about 3 minutes. Cut chicken into 1/4-inch slices. Place on a serving platter.



4 Spoon corn sauce over chicken. Crumble bacon and sprinkle over top.