CHICKEN AND BROCCOLI BAKE

3 OR 4 skinless chicken breasts

2 lbs. Broccoli trees (cooked)

1 bag baby carrots (cooked)

Sauce:

1 can cream of chicken soup

½ cup milk

14 cup mayonnaise

¼ cup miracle whip

1 cup grated sharp cheddar cheese

2 tsp. Lemon juice

1 package stove top stuffing

Cook chicken parts in Pressure cooker with an inch of water for 10 min. until thoroughly cooked. Put hot boneless chicken parts in the Bosch Universal with the whips and turn on speed one for 10 sec. To shred chicken. In 9"x9" pan layer, broccoli, carrots and chicken. Make sauce with the first 4 ingredients. Heat and stir until smooth and add cheese. Stir until partially melted. Add lemon juice and season with salt and pepper to taste. Pour sauce of chicken and prepare and cover with stove top stuffing. Cover with foil and bake in a 350 F. degree oven for 1 hour. Remove the foil for the last 20 min to brown the stuffing.

HEALTHYKITCHENS.COM