

Chicken & Broccoli Braid

12 ounces cooked chicken, chopped (2 cups/about 3 cooked boneless, skinless chicken breast halves)
1 cup broccoli, chopped
½ cup red bell pepper, chopped
1 garlic clove, pressed
4 ounces sharp cheddar cheese, shredded (1 cup)
½ cup mayonnaise
2 teaspoons All-Purpose Dill Mix
¼ teaspoon salt
2 packages (8 ounces each) refrigerated crescent rolls
1 egg white, lightly beaten
2 Tablespoons slivered almonds

Directions:

Preheat oven to 375°. Chop chicken and broccoli using Food Chopper; place in 2-Qt. Batter Bowl. Chop bell pepper using Knife; add to Batter Bowl. Press garlic over vegetable mixture using Garlic Press. Shred cheese and add to vegetable mixture; mix gently. Add mayonnaise, dill mix, and salt; mix well. Unroll 1 package of crescent dough; do not separate. Arrange longest sides of dough across width of 12" x 15" Rectangle Baking Stone or cookie sheet. Repeat with remaining package of dough. Using Dough or pizza Roller, roll dough to seal perforations. On longest sides of Baking Stone, cut dough into strips 1 ½-inches apart, 3 inches deep using Pizza Cutter (there will be 6 inches in the center for the filling). Spread filling evenly over middle of dough. To braid, lift strips of dough across mixture to meet in center; twisting each strip one turn. Continue alternating strips to form a braid. Tuck ends under to seal at end of braid. Brush egg white over dough using Pastry Brush. Sprinkle with almonds. Bake 25-28 minutes or until deep golden brown. Cut and serve.

Yield: 10 servings or 20 sample servings

Nutrients per serving: Calories 410, Fat 27 g, sodium 660 mg, Dietary fiber less than 1 g