

# Chicken In Crunchy Bread Cups with Cranberries and Spinach Salad

## Instructions:

Don't change yet! Take out equipment.

1. Preheat **oven** to **400° F**.

Combine cornstarch, gravy mix, consommé and curry in a small **stove-top** pot at medium heat, stirring constantly until thickened.

**Remove from heat** and set aside.

Butter each slice of bread sparingly, then slice off crusts and discard.

Press bread slices, butter side down, into muffin tins. Sprinkle poultry seasoning over each one.

Finely dice chicken and add to a medium size bowl as you cut. Finely chop green onions and mushrooms adding to bowl as you cut. Stir to combine.

Spoon chicken mixture evenly over bread in muffin cups. Drizzle consommé sauce on top of chicken mixture.

Place in preheated **oven**.

Set timer for 8-10 minutes or until golden.

**...meanwhile...**

2. Rinse lettuce leaves in salad spinner and spin dry. Transfer spinach to individual serving plates. Sliver red pepper and sprinkle over spinach. Top with cashews if you wish. Drizzle with salad dressing.
3. Spoon cranberry sauce over hot chicken cups. Serve alongside salad.

*If you double this recipe leftovers freeze beautifully and are great for entertaining.*

*Rewarm in muffin tin until hot.*

## Ingredients:

Take out ingredients.

### Consommé Sauce

**1 Tbsp cornstarch**

**1 Tbsp dry brown gravy mix** *I like Bisto.*

**1 can consommé soup (10 oz or 284 mL)**

**1/2 tsp curry powder**

**2 1/4 tsp butter, softened (for all)**

**1 loaf bread, multigrain, sliced (18 slices)**

**1/2 tsp poultry seasoning (for all)**

**1 cooked deli roaster chicken (3 cups cooked diced chicken)**

**2 green onions**

**5 small mushrooms**

**1 bag spinach (12 oz or 350 g)**

**1/2 red pepper**

**1/4 cup cashews, unsalted (optional)**

**1/3 cup favorite salad dressing, fat-free**

**1/2 cup whole berry cranberry sauce**

### Serves 4-6

Makes 18 chicken cups. Assumes 4 leftover.

15 MINUTES TO PREP  
DINNER IS READY IN 25 MINUTES

Dinner Survival  
by Sandi Richard