



SERVING UP

Savings!

weis

SERVES 4 for \$3
PER SERVING

Chicken Wellington

Key Ingredient Shopping List

1 lb. Tyson® Skinless and Boneless Chicken Breasts.....lb.	\$1.69
1 (14-ounce) box Weis Quality Instant Rice Whole Grain Brown	\$1.55
1(14.5-ounce) can Weis Quality Broth Chicken Reduced Sodium	80¢
1 (10-ounce) bag Weis Quality Fresh Spinach	\$1.99
1 Fresh Red Bell Pepper.....	\$1.67
1 (8-ounce) container Weis Quality Crescent Dinner Rolls-Reduced Fat.....	\$1.50
1 lb. Fresh Asparagus	\$2.49

PRICES EFFECTIVE 10-8-09 THROUGH 10-14-09

INSTRUCTIONS:

- 1 lb. Tyson® Skinless and Boneless Chicken Breasts
- 1/2 cup Weis Quality Instant Rice Whole Grain Brown
- 1/2 cup Weis Quality Broth-Chicken Reduced Sodium
- 1/2 cup Weis Quality Fresh Spinach, chopped
- 1 Fresh Red Bell Pepper, finely chopped
- 1 Container Weis Quality
Crescent Dinner Rolls-Reduced Fat
- 1 lb. Fresh Asparagus, ends trimmed

Preheat oven to 375°F. Bring broth to a boil; add rice. Remove from heat; let stand 5 minutes. Stir in spinach and bell pepper; mix well. Flatten each chicken breast to about 1/4 inch by pounding between 2 sheets of waxed paper. Place 1/4 of rice mixture on each chicken breast. Roll up, tucking in edges. Wash hands. Divide crescent roll dough into 4 squares. Press each square to measure 6 x 6 inches. Place chicken in center; fold dough to enclose chicken; press edges to seal. Place on greased baking pan, seam side down. Season with salt and pepper to taste.

Bake 25 to 30 minutes or until dough is golden brown and chicken is done (internal temp 170°F). Serve with steamed asparagus spears.

