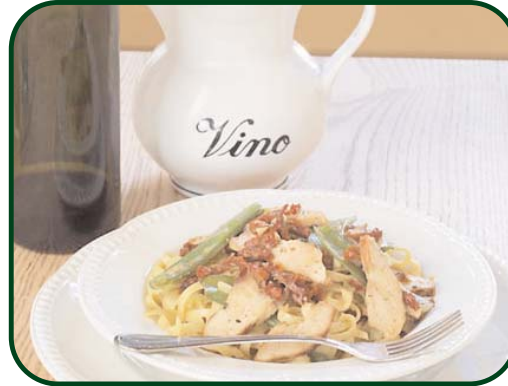




Healthy Recipes for Healthy Living

Dr. Reina Persaud, ND

Chicken A La King



4 tablespoons Organic Butter or Organic Ghee
4 tablespoons Soya Flour
1 1/4 cups Chicken Broth
1 1/4 cups Half And Half (or plain soy/rice milk)
1 teaspoon Sea Salt
1/4 teaspoon White Pepper
1/2 teaspoon Celery Salt
2 Drops Onion Juice
2 Egg Yolks
1 tablespoon Water

1 tablespoon Lemon Juice
1 cup Cooked Diced Chicken
2 tablespoons Pimiento — chopped
1 Green Bell Pepper — for garnish
6 Ripe Olives — for garnish

Melt butter in saucepan. Add flour and stir until smooth and bubbly. Stir in stock and cream. Cook and stir over low heat until thick and smooth and ready to boil. Season with salt, pepper, celery salt, and onion juice. Beat egg yolks with water and lemon juice. Add with chicken and pimiento to cream and cook slowly for a minute or two. Garnish with rings of green pepper and olives cut from pits. Serve with hot crisp toast or over rice or in rice pasta shells.

Serves 6.