

# Nutrition- Tempting Fussy Eaters

## Chicken Flowers

### Ingredients

- 4 slices bread (remove crusts)
- 1 chicken thigh fillet
- 1 T butter
- 1 T flour
- 1/3 c milk
- 2 T cheese
- 1/4 carrot
- 1/4 stick celery
- 2 T sprouts



### Method

- Press bread into patty cases, spray with oil and bake in a moderate oven for 10 minutes.
- Melt butter and stir in flour, add milk and stir until thick, add cheese.
- Dice chicken and cook in pan until brown, stir into sauce.
- Spoon chicken mixture into bread case and serve on plate.
- Julienne carrots and place on plate as stems.
- Slice celery and assemble as leaves.
- Sprinkle sprouts on base of carrot to resemble grass.