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[Italian-Seasoned Tomato Roasted Garlic Pan-Seared Chicken Breast A.k.a. But Is It Bad That This Chicken Is BAE To Me](#)

EATING AT STATE: RECIPE TO TRY AT HOME

The holiday season is upon us! Presidential Chicken, a rich pastry dish well-loved by current Spartans and alumni, is the perfect accompaniment on your holiday table this year. Serve it as an entrée or make the portion sizes smaller to serve as melt-in-your-mouth appetizers.

PRESIDENTIAL CHICKEN - SERVES SIX

Ingredients:

1 Tbsp. olive oil
1 pound boneless skinless chicken tenders or chicken breasts
5 oz. cream cheese, softened
2 Tbsp. sour cream
2 Tbsp. green onion, sliced thin
1/2 tsp. garlic salt or kosher salt
1/4 tsp. black pepper
6 puff pastry squares
1 egg
1 tsp. water

Sauce:

1 Tbsp. butter
1 Tbsp. all-purpose flour
1 1/4 cup 2% or whole milk
3 Tbsp. chicken stock
2 tsp. fresh parsley, minced
1/4 tsp. white pepper

Directions:

- Preheat oven to 350 degrees.
- Heat the olive oil in a sauté pan and cook the chicken until the internal temperature reaches 165°F. Chop the chicken up into small cubes and set aside, keeping warm.
- Mix softened cream cheese with sour cream, green onions, salt and pepper. Add in the cooked chicken and evenly coat with the cheese mixture.
- Place about 3 Tbsp. of the chicken and cheese mixture in the center of a puff pastry square. Lightly touch the outside edge of the pastry square with water and bring all four corners together, pinch the seams and seal.
- In a bowl, beat the egg and 1 tsp. of water. Brush the egg wash on each puff pastry, making sure not to over coat each one. Bake filled puff pastries in the preheated oven for approximately 12-15 minutes, or until golden brown.

For the sauce:

- Melt butter in a sauce pan, and add the flour to make a roux. Continue to stir while heat is on medium for 5 minutes.
- Gradually pour in milk and chicken stock, stirring to thicken, and let simmer for about 15 minutes. Add in parsley and pepper and adjust seasoning to taste.
- Ladle the sauce onto a plate, placing puff pastry in the center. Serve immediately.



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