



Lynn demonstrates how to make a simple chicken dish that is great for dinner.

Ingredients:

- 4 ounces cream cheese, softened
- 1 (13 ounce) can chicken, or equivalent amount of leftover chicken
- 1 Tablespoon sesame seeds
- ¼ teaspoon parsley
- 1 Tablespoon finely chopped onion
- 2 cans crescent rolls -- best to leave in the refrigerator until ready to use
- Extra sesame seeds
- Melted butter

Preheat oven to 375°.

Either line a cookie sheet with parchment paper or lightly spray with cooking spray. Set aside.

Combine all of the ingredients, except the crescent rolls, in a bowl and mix well.

Open the crescent rolls, but do not divide the triangles. Keep every the 2 triangles together, forming 8 rectangles.

Pinch the seams closed and pat each one out into a larger square.

Put a spoonful of the chicken mixture into the center of each square. Fold the corners up into the center and pinch to seal and make a bundle.

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Repeat with all 8, placing on the cookie sheet as you go.

Brush melted butter over the top of each bundle and sprinkle with sesame seeds.

Bake in the 375° oven until golden brown about 15-20 minutes.

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