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Canada's largest weight loss chain with over 345 centres.

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Chicken Broccoli Supreme

(3 of 11)

5 oz	chicken breast		black pepper
½ cup	broccoli, chopped		Flavo-Magic™
1 ½	slices melba toast, crushed		paprika
⅛ tsp.	dill weed	1 tsp.	lemon juice
⅛ tsp.	onion powder	2	lemon wedges



Preheat oven to 350°F. Pound chicken breast with mallet until flat. Place on a 12" square piece of foil. Combine broccoli, crushed melba toast, seasonings, and lemon juice. Spoon mixture onto centre of chicken fillet and roll up. Secure with a toothpick. Wrap foil over chicken, folding edges to seal tightly. Bake for 30 to 40 minutes or until tender. Garnish with lemon wedges.

magic cuisine
monthly recipe collection

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Femme-Plus™

\$8 off*

- superior nutritional supplement for women
- reduces PMS symptoms
- enriches vivacity

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