

Now that school is underway, and we have all had to jump back into routine, we need something to take off the stress. Meal planning is my idea of stress relief. Once fall comes, I have my lists and know what we are having for supper each night and I don't have to waste time staring blankly into the fridge trying to come up with something to cook. Getting my list made is my goal for the next week!

Fall is my favorite time of year for several reasons but getting back into a routine after summer chaos is one of the best parts. Try this quick easy meal on for size. I am sure it will be a hit at your house as well as mine!

## **Chicken Squares**

1 3 oz. pkg. softened cream cheese  
3 tablespoons melted butter  
2 cups pre-cooked grilled chicken, cubed  
1/4 teaspoon salt  
1/8 teaspoon pepper  
1 can refrigerated crescent rolls  
2 tablespoon low-fat milk  
1 teaspoon garlic salt  
3/4 cup crushed seasoned croutons

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Preheat oven to 350°F. Blend cream cheese, 2 tablespoons melted butter, milk and salt and pepper until smooth. Then add cubed chicken, mix well.

Separate rolls into four rectangles and seal perforations. Spoon chicken mixture onto center of each rectangle. Pull the four corners of dough to center of mixture and seal.

Brush tops with remaining butter and sprinkle on crushed croutons. Bake on ungreased cookie sheet 20-25 minutes or until golden brown.