

Chicken Casserole II

Mrs John Ogle

St Timothy's - Hale Schools - Raleigh, NC - 1976

Servings: 6

12 bone-in chicken breasts

1 box Uncle Ben's Long

Grain Wild Rice

*1 can cream of chicken
soup*

1 carton sour cream

1 small can mushrooms

1 onion, chopped

3 stalks celery, chopped

Preheat the oven to 350 degrees.

Bake the chicken, covered, in a baking dish for one hour. Remove the meat from the bone in large chunks

Cook the rice, with the celery and onion, according to package directions

In a bowl, add the sour cream to the soup. add the mixture to the hot rice.

Place the chicken pieces in the bottom of a casserole dish. Pour the rice mixture over the top. Place the mushrooms on the top.

Bake for 45 minutes.

Before serving, place fresh parsley on top.

Per Serving (excluding unknown items): 113 Calories; 9g Fat (72.8% calories from fat); 2g Protein; 6g Carbohydrate; 1g Dietary Fiber; 19mg Cholesterol; 203mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat.