

Chicken Casserole III

Betty Dageford

The Church of St. Michael and St. George - St. Louis, MO - 198

*2 cups cooked chicken,
cubed
1 1/2 cups instant rice
1 small jar Cheez Whiz
1 can cream of mushroom
soup
1/2 cup chopped onion
1 bag frozen chopped
broccoli, thawed
1/2 cup chopped celery
1/2 stick butter or margarine*

Preheat the oven to 350 degrees.

In a casserole dish, blend the rice, soup and cheese.

Add the chicken, onion, broccoli, celery and butter.

Bake for 30 minutes. Uncover.

Bake for an additional 10 minutes.

Per Serving (excluding unknown items): 1600 Calories; 68g Fat (39.1% calories from fat); 102g Protein; 138g Carbohydrate; 5g Dietary Fiber; 365mg Cholesterol; 1779mg Sodium. Exchanges: 8 1/2 Grain(Starch); 12 1/2 Lean Meat; 1 1/2 Vegetable; 11 Fat.