

# Chicken Salad Casserole

Myrtle Bowman

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

*2 cups diced chicken or turkey*  
*1 cup cooked celery, chopped*  
*1 can water chestnuts, sliced*  
*1/2 pint sour cream*  
*1 can chicken soup, undiluted*  
*1 cup cooked rice*  
*2 tablespoons onion, chopped*  
*1/2 cup toasted slivered almonds (optional)*  
*salt (to taste)*  
*pepper (to taste)*  
*1 cup corn flake crumbs*  
*1/4 cup butter, melted*

Preheat the oven to 350 degrees.

In a bowl, mix the chicken, celery, water chestnuts, sour cream, chicken soup, rice, onion, almonds (if using), salt and pepper. Turn the mixture into a casserole dish.

In a bowl, mix the corn flake crumbs with butter. Sprinkle over the top of the casserole.

Bake for 45 minutes.

(This dish may be prepared ahead and frozen for up to three months.)

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Per Serving (excluding unknown items): 1222 Calories; 97g Fat (70.9% calories from fat); 17g Protein; 73g Carbohydrate; 2g Dietary Fiber; 234mg Cholesterol; 1701mg Sodium. Exchanges: 4 Grain(Starch); 1/2 Vegetable; 1/2 Non-Fat Milk; 19 Fat.