

Chicken Wild Rice Casserole

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Unitarian Universalist Fellowship of Vero Beach, FL 2000

Servings: 8

*3 cups cooked wild rice
2 cups diced cooked chicken
1 cup onion, chopped
1/2 cup green pepper, chopped
4 tablespoons butter
1 can (10 ounce) cream of mushroom soup
1 can (10 ounce) cream of chicken soup
1 cup chicken broth
3/4 cup sliced mushrooms
1/4 cup chopped pimientos, drained
2 ounces thinly sliced almonds
1 cup croutons
dash garlic powder*

Preheat the oven to 350 degrees.

In a skillet over medium heat, saute' the green pepper, onion and mushrooms in two tablespoons of butter until golden.

In a bowl, blend the mushroom soup, chicken soup and chicken broth until smooth.

In another bowl, mix the chicken, vegetables, soup mixture, rice and garlic powder. Place the mixture in a greased 6x10-inch baking dish

Saute' the croutons in the remaining two tablespoons of butter.

Sprinkle over the casserole.

Bake for one hour.

Per Serving (excluding unknown items): 176 Calories; 8g Fat (42.7% calories from fat); 5g Protein; 21g Carbohydrate; 2g Dietary Fiber; 17mg Cholesterol; 435mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.