

# Chicken and Artichoke Casserole

Nicky Cowan

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

## Servings: 8

4 whole chicken breasts (eight halves)  
1/2 cup all-purpose flour  
1/4 cup vegetable oil  
1 can (10-3/4 ounce) golden mushroom soup  
1/2 cup sherry  
1 tablespoon Worcestershire sauce  
1/2 cup milk  
1 can (4 ounce) sliced mushrooms, drained  
1 can (4-1/2 ounce) whole artichoke hearts, drained and quartered  
1 can (16 ounce) whole tomatoes, drained and quartered  
6 or 8 ripe olives  
1 jar (2 ounce) diced pimiento  
1/4 cup Parmesan cheese, grated  
2 or 3 tablespoons parsley, fresh or dried

Preheat the oven to 350 degrees.

Separate the chicken breasts into halves. Wash and pat dry. Dredge in flour and brown in hot oil in a large skillet. Remove the chicken pieces as they brown. Transfer to a greased 13x9x2-inch baking dish.

In a small bowl, combine the soup, sherry, Worcestershire sauce and milk. Spoon over the chicken breasts.

Layer the remaining ingredients over the sauce in this order: mushrooms, artichokes, tomatoes, olives, pimiento, Parmesan and parsley. Cover.

Bake for one and one-half hours or until hot and bubbly and the chicken is tender.

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Per Serving (excluding unknown items): 146 Calories; 9g Fat (58.7% calories from fat); 3g Protein; 11g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 112mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.

Chicken

## Per Serving Nutritional Analysis

Calories (kcal):	146	Vitamin B6 (mg):	trace
% Calories from Fat:	58.7%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	31.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	9.6%	Riboflavin B2 (mg):	.1mg
			40mcg

**Total Fat (g):** 9g  
**Saturated Fat (g):** 2g  
**Monounsaturated Fat (g):** 5g  
**Polyunsaturated Fat (g):** 2g  
**Cholesterol (mg):** 4mg  
**Carbohydrate (g):** 11g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 3g  
**Sodium (mg):** 112mg  
**Potassium (mg):** 212mg  
**Calcium (mg):** 82mg  
**Iron (mg):** 2mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 27mg  
**Vitamin A (i.u.):** 928IU  
**Vitamin A (r.e.):** 100 1/2RE

**Folacin (mcg):**  
**Niacin (mg):** 1mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 21  
 % Refuse: n n%

### Food Exchanges

**Grain (Starch):** 1/2  
**Lean Meat:** 0  
**Vegetable:** 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 1 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 146 Calories from Fat: 86

### % Daily Values\*

<b>Total Fat</b>	9g	13%
	Saturated Fat 2g	8%
<b>Cholesterol</b>	4mg	1%
<b>Sodium</b>	112mg	5%
<b>Total Carbohydrates</b>	11g	4%
	Dietary Fiber 1g	4%
<b>Protein</b>	3g	
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<b>Vitamin A</b>		19%
<b>Vitamin C</b>		45%
<b>Calcium</b>		8%
<b>Iron</b>		10%

\* Percent Daily Values are based on a 2000 calorie diet.