

# Chicken and Broccoli

Marcia Serwold

Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

*2 packages (10 ounce ea)  
frozen or fresh broccoli  
3 to 5 boneless/ skinless  
chicken breasts  
2 cans cream of chicken  
soup  
1 cup mayonnaise  
2 tablespoons lemon juice  
1/4 teaspoon curry powder  
1/2 teaspoon tarragon  
1 teaspoon onion chips  
1 cup cheddar cheese (for  
topping) (optional)  
1/2 cup almonds (for  
topping) (optional)*

Preheat the oven to 325 degrees.

In a small bowl, mix the chicken soup, mayonnaise, lemon juice, curry powder, tarragon and onion chips.

Spread one-third of the sauce in the bottom of a 9x14-inch baking dish. Arrange the broccoli and the chicken in the dish. Cover with the remaining sauce.

Bake for 35 minutes.

Add the toppings.

Bake for 5 minutes.

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Per Serving (excluding unknown items): 1823 Calories; 202g Fat (93.5% calories from fat); 10g Protein; 22g Carbohydrate; 1g Dietary Fiber; 97mg Cholesterol; 3223mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 19 Fat.