

# Chicken and Cashew Nut Casserole

Joan G Milner

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

*2 1/2 pounds boneless  
chicken breasts, cubed  
sliced onions  
2 small cans mushrooms,  
drained  
2 cups water  
4 to 6 ounces cashews  
2 cans cream of chicken  
soup  
2 cans cream of mushroom  
soup  
2 cups celery  
1 cup uncooked rice*

Preheat the oven to 350 degrees.

Flour the cubed chicken. Place the chicken in a skillet with oil and the onions. Brown on low heat for 45 minutes.

Add the mushrooms, water, chicken soup, mushroom soup, celery and rice. Mix well. Turn the mixture into a casserole dish.

Bake, uncovered, for 1-1/2 hours.

Add the cashews about 20 minutes before the end of cooking time to keep them from getting soggy.

If the casserole gets dry, add a little milk. If reheated, add a little milk.

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Per Serving (excluding unknown items): 3536 Calories; 284g Fat (68.5% calories from fat); 98g Protein; 196g Carbohydrate; 37g Dietary Fiber; 24mg Cholesterol; 4349mg Sodium. Exchanges: 12 1/2 Grain(Starch); 7 Lean Meat; 2 Vegetable; 52 Fat.