

Continental Chicken Casserole

Mrs Carter Riggan

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

Servings: 10

*3 tablespoons butter
6 tablespoons flour
2 cups chicken broth
1 cup light cream
1 teaspoon prepared
mustard
1/2 teaspoon salt
2 cups cooked chicken,
chopped
battered bread crumbs
1/2 teaspoon sugar
1/8 teaspoon cayenne
1/2 teaspoon paprika
1/2 teaspoon seasoned salt
1/4 cup dry sherry
4 hard-cooked eggs, sliced
dash pepper
1/8 teaspoon allspice
1/8 teaspoon ground
nutmeg*

Preheat the oven to 350 degrees.

Melt the butter in a saucepan and stir in the flour until smooth. Over low heat, slowly blend in the broth and then the cream. Cook over medium heat until thick, stirring constantly.

In a bowl, combine all of the seasonings. Blend into the sauce. Stir in the wine. Fold in the eggs and the chicken.

Turn the mixture into a buttered three-quart casserole dish. Top with bread crumbs.

Bake for 30 minutes.

(Leftover turkey can be substituted for the chicken with excellent results.)

Per Serving (excluding unknown items): 190 Calories; 12g Fat (58.8% calories from fat); 13g Protein; 5g Carbohydrate; trace Dietary Fiber; 134mg Cholesterol; 426mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 2 Fat; 0 Other Carbohydrates.