

# Poppy Seed Chicken

*Sara F. Patterson, Nancy F. Holley & Cleo F Long  
Three Sisters Cookbook - Alexander City, AL*

## **Servings: 6**

*6 chicken breasts  
1 can cream of mushroom soup  
1 can cream of chicken soup  
8 ounces sour cream  
1 package Ritz crackers, crushed  
1 stick margarine, melted  
2 tablespoons poppy seeds*

## **Bake Time: 25 minutes**

Preheat the oven to 350 degrees.

Cook the chicken and cut into pieces.

In a bowl, mix the chicken with the soups and sour cream.

Pour into a casserole dish.

In a bowl, mix the crackers and margarine.  
Spread on top of the chicken mixture.

Spread the poppy seeds over the top.

Bake for 20 to 25 minutes.

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Per Serving (excluding unknown items): 772 Calories; 54g Fat (63.8% calories from fat); 63g Protein; 6g Carbohydrate; trace Dietary Fiber; 204mg Cholesterol; 717mg Sodium. Exchanges: 0 Grain(Starch); 9 Lean Meat; 0 Non-Fat Milk; 5 1/2 Fat.