

Quick Chicken Casserole

Mrs James Davis

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

*chicken pieces (cooked or
canned)*

1 cup cashews

1/2 can evaporated milk

1 can mushrooms

1 can chow mein noodles

Preheat the oven to 350 degrees.

In a casserole, mix the chicken, cashews, milk and mushroom soup.

Just before placing in the oven, add the chow mein noodles.

Bake for 20 minutes or more until the casserole bubbles.

Per Serving (excluding unknown items): 1160 Calories; 86g Fat (63.8% calories from fat); 34g Protein; 76g Carbohydrate; 10g Dietary Fiber; 37mg Cholesterol; 354mg Sodium. Exchanges: 4 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 1 Non-Fat Milk; 16 Fat.