

Chicken Breasts 'N' Wild Rice

Iris Howell - Port St. Lucie, FL

Servings: 4

*1 cup wild rice
1 teaspoon salt
4 cups water
1 can cream of mushroom soup
1 carton (8 ounce) sour cream
4 ounces sliced mushrooms
1/4 cup sherry
6 boneless/skinless chicken breasts,
flattened
1/2 cup Parmesan cheese*

In a saucepan over medium heat, cook the wild rice in the salt and water until tender, approximately 30 to 40 minutes. Drain.

Preheat the oven to 375 degrees.

Spray a 2.7 quart casserole dish with nonstick cooking spray. Place the rice in the casserole.

In a bowl, combine the soup, sour cream, mushrooms and sherry. Pour one-half of the mixture over the rice.

Arrange the chicken on top of the rice.

Pour the remaining soup mixture over the chicken.

Sprinkle the Parmesan cheese on the top.

Bake, covered, for 30 minutes.

Uncover and bake for an additional 30 minutes.

Per Serving (excluding unknown items): 372 Calories; 18g Fat (44.2% calories from fat); 13g Protein; 38g Carbohydrate; 3g Dietary Fiber; 34mg Cholesterol; 1020mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	372	Vitamin B6 (mg):	.2mg
% Calories from Fat:	44.2%	Vitamin B12 (mcg):	.3mcg

% Calories from Carbohydrates: 41.4%
% Calories from Protein: 14.4%
Total Fat (g): 18g
Saturated Fat (g): 10g
Monounsaturated Fat (g): 5g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 34mg
Carbohydrate (g): 38g
Dietary Fiber (g): 3g
Protein (g): 13g
Sodium (mg): 1020mg
Potassium (mg): 407mg
Calcium (mg): 235mg
Iron (mg): 1mg
Zinc (mg): 3mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 532IU
Vitamin A (r.e.): 158RE

Thiamin B1 (mg): .1mg
Riboflavin B2 (mg): .4mg
Folacin (mcg): 52mcg
Niacin (mg): 4mg
Caffeine (mg): 0mg
Alcohol (kcal): 21
% Refused: 0.0%

Food Exchanges

Grain (Starch): 2
Lean Meat: 1/2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 3 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 372 **Calories from Fat:** 164

% Daily Values*

Total Fat	18g	27%
	Saturated Fat 10g	50%
Cholesterol	34mg	11%
Sodium	1020mg	42%
Total Carbohydrates	38g	13%
	Dietary Fiber 3g	12%
Protein	13g	

Vitamin A	11%
Vitamin C	3%
Calcium	24%
Iron	8%

* Percent Daily Values are based on a 2000 calorie diet.