

# Chicken Loaf

Gertrude Chapin

*The Pennsylvania State Grange Cookbook (1992)*

## **Servings: 6**

*3 cups cooked chicken,  
finely chopped  
1 cup cooked rice  
1/2 cup celery, chopped  
2 tablespoons parsley,  
chopped  
1 tablespoon onion, grated  
1 teaspoon salt  
3/4 teaspoon poultry  
seasoning  
1/4 teaspoon pepper  
3 eggs  
1 cup milk*

Preheat the oven to 350 degrees.

In a large bowl, combine the chicken, rice, celery, parsley, onion, salt, poultry seasoning and pepper. Mix well.

In a small bowl, beat the eggs and milk. Stir into the chicken mixture. Pour the mixture into a 4x8-inch loaf pan. Place the loaf pan into a larger pan half-filled with water. Place into the oven.

Bake for one hour or until a knife inserted into the center comes out clean.

*Turkey can be substituted  
for the chicken.*

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Per Serving (excluding unknown items): 226 Calories; 7g Fat (29.3% calories from fat); 27g Protein; 11g Carbohydrate; trace Dietary Fiber; 171mg Cholesterol; 474mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1/2 Fat.