

Chicken and Rice Dish

Julie Stewart

Totland College Nursery School - Braintree, MA (1978)

*8 pieces chicken
1 cup fresh mushrooms,
sliced
3/4 cup green pepper, diced
1 can cream of mushroom
soup
1/2 stick margarine*

Preheat the oven to 375 degrees.

Place the chicken and margarine in a skillet. Cook until the chicken is browned, about 10 to 15 minutes. Remove the chicken and place in a casserole dish, skin side up.

Place the mushrooms and green pepper in the skillet. Saute until softened. Add the cream of mushroom soup to the skillet. Mix well. Pour the mixture over the chicken in the casserole dish. Cover the dish.

Bake for 30 to 45 minutes until the chicken is done.

Serve over white rice.

Per Serving (excluding unknown items): 26296 Calories; 1921g Fat (67.3% calories from fat); 2068g Protein; 31g Carbohydrate; 3g Dietary Fiber; 10867mg Cholesterol; 9900mg Sodium. Exchanges: 1/2 Grain(Starch); 289 1/2 Lean Meat; 2 Vegetable; 204 Fat.