

Chicken and Asparagus Casserole

Cookbook Committee

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

Servings: 4

*2 boneless/ skinless
chicken breasts, cut into
2x4-inch pieces
1 1/2 teaspoons MSG
1/2 cup corn oil
1 can cream of chicken
soup
1/2 cup mayonnaise
1/4 teaspoon pepper
2 packages (10 ounce ea)
frozen asparagus
1 teaspoon lemon juice
1 cup sharp cheddar
cheese, shredded
1/2 teaspoon curry powder*

Preheat the oven to 375 degrees.

Sprinkle the chicken with pepper and MSG.

In a skillet over medium heat, heat the corn oil. Add the chicken. Saute' slowly for about 6 minutes or until white and opaque. Remove from the pan. Drain on paper towels.

Cook the asparagus according to package directions for 4 or 5 minutes. Drain.

Line the bottom of a 9x9x2-inch baking pan with asparagus. Place the saute'd chicken over the asparagus.

In a bowl, mix together the soup, mayonnaise, lemon juice and curry powder. Pour over the top of the chicken and asparagus. Sprinkle cheese over the top. Cover with foil.

Bake for 30 minutes or until done.

Per Serving (excluding unknown items): 608 Calories; 62g Fat (88.1% calories from fat); 12g Protein; 7g Carbohydrate; 2g Dietary Fiber; 42mg Cholesterol; 812mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 9 Fat.