

Chicken Tetrazini

Jo Ann Taylor - Atlanta, GA

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Servings: 6

*1 onion
1/2 green pepper
1 cup (8 ounce can)
mushrooms
2 tablespoons butter
3 tablespoons flour
1 cup milk
1/2 cup white wine
(sauterne)
1 teaspoon salt
black pepper (to taste)
1 cup yellow cheese, grated
1 tablespoon
Worcestershire sauce
1 cup cold chicken (white
meat)
1 cup cooked vermicelli*

Preparation Time: 20 minutes

Bake Time: 30 minutes

In a skillet, saute' the onion, green pepper and mushrooms in hot butter. Add the flour, stirring until smooth. Add the milk and wine. Allow to thicken.

Add the black pepper, 1/2 of the yellow cheese, Worcestershire sauce, chicken and vermicelli.

Place the mixture in a three-quart casserole dish. Sprinkle the remaining cheese over the top.

Cook in a 375 degree oven for 20 to 30 minutes.

Per Serving (excluding unknown items): 85 Calories; 5g Fat (54.6% calories from fat); 2g Protein; 8g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 440mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.