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# Poppy Seed-Chicken Casserole

*The Essential Southern Living Cookbook*

Servings: 6

Preparation Time: 12 minutes

Start to Finish Time: 50 minutes

**3 to 4 cups cooked chicken or turkey, chopped**

**1 can (10-3/4 ounce) cream of chicken and mushroom soup**

**1 container (16 ounce) sour cream or light sour cream**

**6 ounces (1-1/2 cups) sharp cheddar cheese, shredded**

**3 tablespoons poppy seeds**

**1 sleeve whole wheat round buttery crackers, crushed**

**1/4 cup butter, melted**

Preheat the oven to 350 degrees.

In a large bowl, combine the chicken, soup, sour cream, cheddar cheese and poppy seeds. Stir well. Spoon into a lightly greased 11 x 7-inch baking dish. Top with the crushed crackers. Drizzle with melted butter.

Bake, uncovered, until bubbly, 25 to 30 minutes. Let stand 10 minutes before serving.

## Chicken

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*Per Serving (excluding unknown items): 548 Calories; 47g Fat (77.1% calories from fat); 29g Protein; 2g Carbohydrate; trace Dietary Fiber; 140mg Cholesterol; 783mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 7 Fat.*