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# Birdie in the Bag

*Bonnie Welch and Deanna White*

*Kitchen Keepsakes - Castle Rock, CO - 1989*

Servings: 6

**6 chicken breast halves**  
**1 can cream of mushroom soup**  
**1/2 cup dry white wine**  
**1 tablespoon green onion, chopped**  
**pinch cayenne pepper**  
**salt (to taste)**  
**pepper (to taste)**

Tear off six squares of foil. Place a chicken breast half on each square.

In a small saucepan, combine the soup, wine, salt, pepper, green onion and cayenne pepper. Heat and blend to a smooth sauce.

Spoon the soup over each chicken breast and wrap securely. Set on a cookie sheet.

Bake for one hour at 350 degrees.

(Can be done in a 9 x 13 inch casserole dish without wrapping individually. Cover tightly.)

## **Chicken**

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*Per Serving (excluding unknown items): 285 Calories; 15g Fat (50.8% calories from fat); 31g Protein; 2g Carbohydrate; trace Dietary Fiber; 93mg Cholesterol; 265mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.*