

Chicken Casserole V

Cindy Spence

Totland College Nursery School - Braintree, MA (1978)

*1/2 onion
1/2 green pepper
1/2 pound thin spaghetti
8 ounces Cheez Whiz
1 can cream of mushroom
soup
1/2 boiled chicken (or any
leftovers or just breasts),
boned and diced
4 to 5 slices bread, toasted
and reduced to bread
crumbs*

Preheat the oven to 350 degrees.

Bake for 30 to 45 minutes. In a skillet, cut up and saute' the onion and pepper in butter or margarine.

Cook the spaghetti according to package directions.

In a large mixing bowl, add the spaghetti, onions, green pepper, Cheez Whiz, mushroom soup and the chicken. Mix well.

Place the mixture into a casserole. Top with bread crumbs.

Bake for 30 to 45 minutes.

Per Serving (excluding unknown items): 433 Calories; 13g Fat (26.7% calories from fat); 12g Protein; 67g Carbohydrate; 5g Dietary Fiber; 3mg Cholesterol; 1573mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 1/2 Vegetable; 2 1/2 Fat.