
Hidden Chicken

Karen Knisley - Marshall Field's Columbus

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

2 1/2 to 3 pound frying chicken, cut up

1/2 cup all-purpose flour

1 box (6 ounce) long grain and wild rice

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

1/2 cup water

Preheat the oven to 375 degrees.

Dredge the chicken in flour and brown in a skillet.

While the chicken is browning, in a bowl, mix the rice, the seasoning packet, mushroom soup and water together.

Transfer the browned chicken to a greased shallow baking dish. Pour the rice mixture on top. Cover the baking dish tightly with foil (do not pierce the foil).

Bake for one hour. Remove the foil. If the contents look a little too soupy for your taste, bake, uncovered, for an additional 15 minutes.

(It is recommended that you do not add salt to the rice mixture or to the meat - salt to taste after cooking.)

Chicken

Per Serving (excluding unknown items): 357 Calories; 10g Fat (24.7% calories from fat); 9g Protein; 57g Carbohydrate; 2g Dietary Fiber; 2mg Cholesterol; 1037mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 1/2 Fat.