

# Poppy Seed Chicken II

*Willene Savage*

*Unitarian Universalist Fellowship of Vero Beach, FL 2000*

*6 boneless/ skinless  
chicken breasts  
2 cans cream of chicken  
soup  
1 pint sour cream  
Ritz crackers, crushed  
poppy seeds*

Preheat the oven to 350 degrees.

In a bowl, combine the crackers and poppy seeds.

Dip the chicken in the mixture and place in a greased baking dish.

Bake for 30 minutes.

In a bowl, combine the soup and sour cream. Pour over the chicken.

Sprinkle more of the cracker mixture over the chicken.

Bake 30 minutes more or until brown and bubbly.

Serve over rice.

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Per Serving (excluding unknown items): 1220 Calories; 111g Fat (80.8% calories from fat); 21g Protein; 38g Carbohydrate; trace Dietary Fiber; 224mg Cholesterol; 2217mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Non-Fat Milk; 22 Fat.