

# Chicken Casserole Maine

Lynn Dow - Washburn, ME

Treasure Classics - National LP Gas Association - 1985

**Servings: 4**

*2 whole boneless chicken breasts*  
*2 tablespoons margarine*  
*1 can (10-3/4 ounce) cream of chicken soup*  
*1 1/2 cups water*  
*2 tablespoons parsley*  
*1/4 teaspoon salt*  
*dash pepper*  
*1 1/2 cups quick cooking rice*

**Preparation Time: 20 minutes****Cook Time: 45 minutes**

In a skillet, brown the chicken in butter.

In a six-quart saucepan, place the soup, water, parsley, 1/4 teaspoon of salt and a dash of pepper.

Add the chicken. Cover and simmer for 20 minutes. Stir in the rice.

Simmer for 10 minutes longer until the liquid is absorbed.

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Per Serving (excluding unknown items): 330 Calories; 21g Fat (58.3% calories from fat); 31g Protein; 2g Carbohydrate; trace Dietary Fiber; 95mg Cholesterol; 541mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 1 1/2 Fat.