

Shrimp and Chicken Casserole

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

Servings: 10

1 2-1/2 to 3 pound chicken
1 teaspoon salt
1 pound unpeeled medium-size fresh shrimp
2 packages (16 ounce ea) frozen broccoli cuts, thawed and well drained
1 cup mayonnaise or salad dressing
1 can (10 ounce) cream of chicken soup, undiluted
1 can (10 ounce) cream of celery soup, undiluted
3 tablespoons lemon juice
1/4 teaspoon white pepper
1 cup Cheddar cheese, shredded
1/2 cup soft bread crumbs
1 tablespoon butter or margarine, melted
paprika
shrimp (for garnish)
parsley sprigs (for garnish)

In a Dutch oven, combine the chicken and salt. Add enough water to cover. Bring to a boil. Cook for 45 minutes or until tender. Remove the chicken and bone. Cut into bite-size pieces and set aside.

Bring four cups of water to a boil. Add the shrimp and cook for 3 to 5 minutes. Drain well. Rinse with cold water. Peel and devein the shrimp. Set three shrimp aside for garnish, if desired.

Spread the broccoli evenly in a lightly greased 13x9-inch baking dish. Set aside.

In a bowl, combine the mayonnaise, chicken soup, celery soup, lemon juice and white pepper. Spread about one-third of the mixture over the broccoli. Set aside the remaining sauce.

In a bowl, combine the chicken and shrimp. Spread evenly over the casserole and top with the remaining sauce. Cover and chill up to eight hours.

Remove from the refrigerator and let stand at room temperature for 30 minutes.

Preheat the oven to 350 degrees.

Cover the casserole. Bake for 30 minutes. Uncover and sprinkle with cheese. In a bowl, combine the bread crumbs and butter. Sprinkle over the cheese.

Bake an additional 15 minutes or until hot and bubbly.

Sprinkle with paprika. Garnish with reserved shrimp and parsley sprigs, if desired.

Per Serving (excluding unknown items): 405 Calories; 30g Fat (66.9% calories from fat); 29g Protein; 4g Carbohydrate; trace Dietary Fiber; 153mg Cholesterol; 605mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	405	Vitamin B6 (mg):	.5mg
% Calories from Fat:	66.9%	Vitamin B12 (mcg):	1.6mcg
% Calories from Carbohydrates:	3.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	29.5%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	30g	Folacin (mcg):	43mcg
Saturated Fat (g):	10g	Niacin (mg):	10mg
Monounsaturated Fat (g):	11g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
Cholesterol (mg):	153mg	% Refused:	0.0%
Carbohydrate (g):	4g		
Dietary Fiber (g):	trace		
Protein (g):	29g		
Sodium (mg):	605mg		
Potassium (mg):	337mg		
Calcium (mg):	109mg		
Iron (mg):	2mg		
Zinc (mg):	2mg		
Vitamin C (mg):	6mg		
Vitamin A (i.u.):	1523IU		
Vitamin A (r.e.):	436RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	4
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	3 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 405 **Calories from Fat:** 271

% Daily Values*

Total Fat 30g	46%
Saturated Fat 10g	49%
Cholesterol 153mg	51%
Sodium 605mg	25%
Total Carbohydrates 4g	1%
Dietary Fiber trace	1%
Protein 29g	
Vitamin A	30%
Vitamin C	10%
Calcium	11%
Iron	13%

* Percent Daily Values are based on a 2000 calorie diet.