

Chicken

Wild Rice-Chicken Casserole

Better Homes and Gardens All-Time favorite Casseroles

Servings: 4

MICROWAVE COOKING DIRECTIONS: On rangetop, prepare rice mix according to package directions. Place onion, celery and butter in a 2-quart casserole. Cook, covered, in microwave until tender, 2 to 2 1/2 minutes. Blend in soup, sour cream, wine and curry. Stir in chicken and rice. Cook, covered, until hot, 8 to 10 minutes. Top with parsley.

1 package (6 oz) long-grain and wild rice mix
1/2 cup onion, chopped
1/2 cup celery, chopped
2 tablespoons butter
1 can (10 3/4 oz) condensed cream of mushroom soup
1/2 cup sour cream
1/3 cup dry white wine
1/2 teaspoon curry powder
2 cups cooked chicken or turkey, cubed
1/4 cup snipped parsley

Preheat oven to 350 degrees.

Prepare rice mix according to package directions.

Meanwhile, cook onion and celery in butter until tender. Stir in soup, sour cream, wine and curry. Stir in chicken and cooked rice; place mixture in a 12x7-1/2x2-inch baking dish.

Bake uncovered, for 35 to 40 minutes.

Stir before serving; garnish with parsley.

Per Serving (excluding unknown items): 214 Calories; 18g Fat (76.8% calories from fat); 3g Protein; 9g Carbohydrate; 1g Dietary Fiber; 29mg Cholesterol; 706mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat.