

Chicken and Lobster Casserole

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 4

cooked chicken slices (sufficient to serve four)
salt
pepper
1/2 pound cooked lobster meat, diced
3 tablespoons butter or margarine
3 tablespoons flour
2 cups chicken broth
1/2 cup heavy cream
1/2 cup sliced mushrooms
1 cup cooked peas
1/4 cup Parmesan cheese, grated
paprika

Preheat the oven to 325 degrees.

In a saucepan, melt the butter. Stir in the flour. Slowly blend in the chicken broth, stirring until it is smooth and thickened. Season to taste with salt and pepper. Remove from the heat.

In a bowl, beat the egg yolks and 1/4 cup of the cream together lightly. Stir into the sauce. Add the mushrooms, peas and lobster.

In a bowl, whip the remaining cream. Fold into the sauce.

Place the chicken slices in a large flat casserole, overlapping them a little. Pour the lobster sauce over the top.

Sprinkle with cheese and paprika.

Bake about 15 minutes or until golden brown.

Per Serving (excluding unknown items): 334 Calories; 22g Fat (60.3% calories from fat); 20g Protein; 13g Carbohydrate; 2g Dietary Fiber; 109mg Cholesterol; 885mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 4 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	334	Vitamin B6 (mg):	.2mg
% Calories from Fat:	60.3%	Vitamin B12 (mcg):	2.0mcg
% Calories from Carbohydrates:	16.0%	Thiamin B1 (mg):	.2mg

% Calories from Protein:	23.7%
Total Fat (g):	22g
Saturated Fat (g):	13g
Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	109mg
Carbohydrate (g):	13g
Dietary Fiber (g):	2g
Protein (g):	20g
Sodium (mg):	885mg
Potassium (mg):	481mg
Calcium (mg):	142mg
Iron (mg):	2mg
Zinc (mg):	3mg
Vitamin C (mg):	6mg
Vitamin A (i.u.):	1086IU
Vitamin A (r.e.):	255RE

Riboflavin B2 (mg):	.2mg
Folacin (mcg):	39mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 334 Calories from Fat: 201

% Daily Values*

Total Fat	22g	34%
Saturated Fat	13g	67%
Cholesterol	109mg	36%
Sodium	885mg	37%
Total Carbohydrates	13g	4%
Dietary Fiber	2g	10%
Protein	20g	
Vitamin A		22%
Vitamin C		10%
Calcium		14%
Iron		8%

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