

Chicken Asparagus Casserole II

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Yield: 6 to 8 servings

*6 whole chicken breasts,
split
2 packages (10 ounce ea)
frozen asparagus spears
2 cups milk
2 packages (8 ounce ea)
cream cheese, softened
and cubed
1 teaspoon salt
1 teaspoon onion salt
1/2 teaspoon garlic powder
1 1/2 cups Parmesan
cheese, grated*

Preheat the oven to 350 degrees.

In a covered saucepan, poach the chicken breasts in lightly salted water for 20 to 30 minutes. Cool, skin, debone and slice the chicken.

Cook the asparagus according to package directions. Drain.

Place the sliced chicken in a 13x9-inch baking dish. Place the asparagus spears over the chicken.

In a saucepan, combine the milk, cream cheese, salt, onion salt and garlic powder. Heat to a simmer and cook until the cream cheese melts and the sauce thickens, stirring often. Pour the sauce over the chicken. Sprinkle with cheese.

Bake for 30 to 40 minutes.

(Fresh or frozen broccoli is also good with this casserole.)

Per Serving (excluding unknown items): 5472 Calories; 375g Fat (62.5% calories from fat); 46g Protein; 42g Carbohydrate; 1g Dietary Fiber; 1783mg Cholesterol; 8673mg Sodium. Exchanges: 1 Grain(Starch); 64 1/2 Lean Meat; 1/2 Vegetable; 2 Non-Fat Milk; 0 Other Carbohydrates.