

Microwave Chicken Breasts

Jeremy (84)

Totland College Nursery School - Braintree, MA (1978)

*4 boneless/ skinless
chicken breasts
1 can cream of celery soup
1 container (16 ounce) sour
cream
paprika*

Space the chicken breasts evenly in a microwave-safe dish.

Cook, covered, for 8 minutes on HIGH.

After 8 minutes, remove and turn the chicken breasts.

In a bowl, mix the cream of celery soup and sour cream. Pour over the chicken breasts to cover. Sprinkle paprika over the top for color and taste.

Microwave for 30 minutes on temperature 60.

(Serve with rice or stuffing spooned over with leftover mixture.)

Per Serving (excluding unknown items): 2578 Calories; 161g Fat (57.4% calories from fat); 251g Protein; 19g Carbohydrate; 1g Dietary Fiber; 859mg Cholesterol; 1803mg Sodium. Exchanges: 35 Lean Meat; 1 1/2 Vegetable; 1/2 Non-Fat Milk; 10 1/2 Fat.