
Chicken Breast Supreme

Linda Tompson, New York

North American Potpourri - Autism Directory Service, Inc - 1993

2 large boneless chicken breasts

2 tablespoons butter

1 can (6 ounce) mushrooms

8 ounces sour cream

1 can asparagus soup

Parmesan cheese

salt

pepper

garlic powder

fresh asparagus spears

Melt the butter in an eight-by-twelve inch pan. Lay the chicken in the pan. Sprinkle salt, pepper and garlic powder over the chicken.

In a bowl, mix the soup, sour cream and mushrooms. Spoon 1/2 of the soup mixture over the chicken. Sprinkle with parmesan.

Place the asparagus spears on top of the chicken. Spread the remainder of the soup mixture over the asparagus and sprinkle with cheese.

Bake in a 350 degree oven for 55 minutes.

Chicken

Per Serving (excluding unknown items): 779 Calories; 75g Fat (84.3% calories from fat); 10g Protein; 21g Carbohydrate; 1g Dietary Fiber; 168mg Cholesterol; 1337mg Sodium. Exchanges: 2 Vegetable; 1/2 Non-Fat Milk; 15 Fat.