

Chicken Breasts and Wild Rice

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

Servings: 6

*1 cup wild rice
1 teaspoon salt
1 can (10-3/4 ounce) cream
of mushroom soup
1 cup sour cream
1 can (4 ounce) sliced
mushrooms, undrained
1/4 cup dry sherry
3 whole chicken breasts,
split, skinned & boned
1/2 cup parmesan cheese,
grated*

Preheat the oven to 375 degrees.

Wash the wild rice well in several waters. Drain. In a saucepan, Add four cups of water and salt to the rice. Bring to a boil. Reduce the heat and simmer, covered, for 30 minutes or until the rice kernels open slightly. Drain and spread into a greased 13x9-inch baking dish.

In a bowl, combine the soup, sour cream, undrained mushrooms and sherry. Pour half of the soup mixture over the rice.

Arrange the chicken in the pan. Spoon the remaining soup mixture over the chicken. Sprinkle with cheese. Cover.

Bake for 30 minutes. Uncover.

Bake an additional 25 to 30 minutes.

Per Serving (excluding unknown items): 493 Calories; 25g Fat (47.5% calories from fat); 39g Protein; 24g Carbohydrate; 2g Dietary Fiber; 115mg Cholesterol; 766mg Sodium. Exchanges: Grain(Starch); 4 1/2 Lean Meat; 2 Vegetable; 0 Non-Fat Milk; 2