

CHICKEN ASPARAGUS BAKE

SOURCE: QUICK COOKING MAY/JUNE 2002 (Margaret Carlson of Amery WI)

PREP/COOKING TIME: less than 1 hour

INGREDIENTS:

1 package (9 1/2 oz) Triscuit crackers
2 C cubed cooked chicken
2 cans (10 3/4 oz each) condensed cream of chicken soup, undiluted
1 package (10 oz) frozen chopped asparagus, thawed/drained
1 can (8 oz) sliced water chestnuts, drained
1 can (4 oz) mushroom stems & pieces, drained
1/2 C mayo

DIRECTIONS:

Break 2/3 of the crackers into bite-size pieces - place in greased 1 1/1 qt baking dish. Top with chicken - spread soup over chicken. Combine asparagus, water chestnuts, mushrooms & mayo - spoon over soup. Crush remaining crackers & sprinkle over top.

Bake 30-40 minutes, uncovered, at 350° F or till heated through.

(NB: reduced-fat or fat free mayo may NOT be substituted for regular mayo in this recipe)

Yield: 4 servings