

CHINESE CHICKEN BAKE

No need to order out! Just mix and bake this one-dish meal for a dinner that is ready in less than an hour.

- 2 tablespoons margarine or butter, melted
 - 1/4 teaspoon onion powder
 - 2 1/2 cups Crispy Rice cereal
 - 1 can (8 oz.) crushed pineapple, drained thoroughly
 - 2 cups chopped cooked chicken or turkey
 - 1 can (10 3/4 oz.) reduced fat or regular condensed cream of mushroom soup
 - 1 1/4 cups chopped celery
 - 2 tablespoons chopped green onion
 - 4 1/2 teaspoons soy sauce
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Preheat oven to 350°F. Combine margarine and onion powder. Gradually add cereal, stirring until all pieces are evenly coated. Set aside. Combine pineapple, chicken, soup, celery, green onion and soy sauce. Stir in 1 cup reserved cereal mixture. Pour into ungreased 2-quart baking dish. Sprinkle with remaining 1 1/2 cups cereal mixture. Bake 30 minutes or until top is lightly browned.

Makes 4 to 5 servings.

Nutrition information per serving: 335 calories, 31.5g carbohydrate, 23g protein, 12.5g fat, 66mg cholesterol, 998mg sodium, 1g dietary fiber.



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