



## *Chicken and Dressing*

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|----------------------------|-----------------------------|
| 1 (2 1/2 to 3 pound) fryer | 2 cups bread crumbs         |
| 1 onion, chopped           | 2 cups cornbread crumbs     |
| 1 cup chopped celery       | 1 can cream of chicken soup |
| 1 Tablespoon margarine     | 3 hard-cooked eggs, chopped |

Cook chicken in water until tender. Remove meat from bones and reserve water for use as broth in recipe. Sauté celery and onion in margarine. Combine celery and onions with bread crumbs and cornbread crumbs, half the chopped eggs, and half the chicken meat. Place in casserole dish. Pour about 2 cups broth (left from cooking the chicken) over the mixture. Place remaining chicken and eggs over the top. Spread soup over the top of the entire casserole. Bake for 40-50 minutes in 350 degrees.



## *Tuna Spread*

- 1 (7 ounce) can tuna, drained
- 1 hard-cooked egg, chopped
- 1 Tablespoon mayonnaise
- 1 Tablespoon vinegar
- 2 teaspoons prepared mustard
- 1 teaspoon onion, chopped
- 1 teaspoon parsley, if desired
- 2 pita pockets or 4 slices other bread

Mash all ingredients together with a potato masher or use a blender. Serve 1/4 on 1/2 pita pocket or on 1 slice bread.



Nutrition Facts

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Servings Per Recipe 8

Amount Per Serving

Calories 453

34% of total calories from fat

Total Fat 17 g

Sodium 877 mg

\*Vitamin A 9%

\*Vitamin C 3%

\*Calcium 12%

\*Iron 18%

\*Percentage Daily Values

**Serving suggestion:** This recipe is high in fat and sodium. Serve with 1/2 cup vegetable, such as green beans, black-eyed peas, or butter beans, and 1/2 cup pineapple or other fruit per person to bring the fat content to less than 30% of total calories. To lower sodium content, use low-sodium soup, margarine and

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Released by Gail M. Hanula, MS, RD, LD, Family Nutrition Program Specialist  
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Nutrition Facts

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Servings Per Recipe 4

Amount Per Serving

Calories 166

31% of total calories from fat

Total Fat 6 g

Sodium 370 mg

\*Vitamin A 4%

\*Vitamin C 0%

\*Calcium 3%

\*Iron 6%

\*Percentage Daily Values

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