

Poppy Seed Chicken Casserole

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Recipe adapted from Taste of Home

Serves 6 – each serving is about 1 1/3 cups

Blue – 8 points

Purple – 5 points (if you use brown rice)

Green – 10 points

- 1 cup light sour cream
- 1 can 98% fat free cream of chicken soup or one "recipe" of homemade mix **see note below!!
- 1 Tbsp poppy seeds
- 1 tsp dill weed
- 4 cups cubed cooked chicken
- 3 cups cooked rice
- 10 Ritz crackers, crushed into crumbs
- 3 Tbsp light butter, melted

1. In a large bowl, combine the sour cream, soup, poppy seeds and dill. Stir in chicken and rice.
2. Spread into a greased 11×7 inch baking dish.
3. Combine the cracker crumbs and butter; sprinkle over the top.
4. Bake, uncovered at 350 until bubbly, about 30 minutes.

5. ***I do not use canned soup – I make a homemade mix and use that. Here is the link to that recipe: <https://joanspointedplate.com/cream-of-whatever-soup-mix/> or you can search "Cream of Chicken Soup Mix" in the search box for that recipe. I make it in a big batch and then "make" the soup and use it in the recipe.