

## LOWFAT CHICKEN CASSEROLE

2 T. margarine  
6 T. flour  
1-1/4 c. defatted chicken stock  
1 c. nonfat milk  
1/2 t. salt  
1/8 t. garlic powder  
1/8 t. black pepper  
4 c. cooked cubed chicken  
1/4 c. lowfat mayonnaise  
2 c. diced celery  
2 T. chopped onion  
2 T. lemon juice  
2 c. cooked cooled rice  
1/4 c. sliced toasted almonds

Melt margarine, add flour and stir 1 minute. Add stock and milk and whisk until comes to boil. Add seasonings and cook 1 minute. Combine sauce with remaining ingredients except almonds. Pour into greased casserole. Top with almonds. Bake at 350 degrees for 50 to 60 minutes. Makes 6 generous servings.

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