

Poppy Seed Chicken or Turkey

Serves 4-5



2-3 cups cubed or shredded cooked turkey or chicken
1 can low-fat cream of chicken soup
1-1/2 C fat-free sour cream

8 oz crushed Ritz crackers
1 tsp dehydrated onion
1 Tbs Poppy Seeds

2 Tbs butter, melted
Paprika (optional)
Dried Parsley (optional)

Stir soup and sour cream together, gentle fold in chicken.
Mix crackers, onion, and poppy seeds in a medium bowl.
Stir half the cracker mixture into the chicken mixture.

Place mixture into a 2-quart casserole.

Melt butter and stir into remaining cracker mixture. Top casserole with remaining butter crumb mixture.

Sprinkle with parsley and paprika if desired. Bake 350 degrees for 30 minutes.