

Chicken-Vegetable Casserole



Ingredients:

- 1 - 16 ounce package frozen stew vegetables (potatoes, carrots, onion, and celery)
- 1 - 18 ounce jar home-style gravy (1 $\frac{3}{4}$ cup)
- 1 teaspoon finely snipped fresh sage or 1/2 teaspoon ground dried sage
- 2 Cups cut-up deli-roasted or leftover chicken
- $\frac{1}{4}$ tsp pepper
- $\frac{1}{4}$ tsp nutmeg
- 1 medium cooking apple sliced thinly
- Fresh sage leaves
- 2 Tablespoons melted butter

Directions:

1. Preheat oven to 450°F. In a large microwave-safe bowl combine vegetables, gravy, and the 1 teaspoon sage. Cover with vented plastic wrap; microwave on 100 percent power (high) for 5 minutes.
2. Add chicken; cover and microwave for 4 to 6 minutes more or until stew is heated through and vegetables are tender, stirring occasionally.
3. Meanwhile, in a small bowl combine pepper and nutmeg set aside.
4. Spoon stew into four 14 to 16-ounce casseroles. Top with apple and, if desired, fresh sage. Drizzle with melted butter; sprinkle with nutmeg mixture.
5. Bake uncovered, about 10 minutes or until bubbly and apple slices begin to brown.

Nutrition Facts per serving (serves 4):

297 calories; 12 g total fat; 5 g saturated fat; 2 g polyunsaturated fat; 3 g monounsaturated fat; 71 mg cholesterol; 23 g carbohydrates; 3 g fiber; 9 g sugar; 24 g protein.