



FRI-CHIK & RICE

Submitted by Linda Dale

Sauté in margarine:

1 cup chopped celery

1 cup chopped onion

Mix together like gravy:

1 cup water

chicken seasoning to taste

salt to taste

1 small can Fri-Chik cut up with liquid

2 cups minute rice, uncooked (if long whole grain rice is used, cook first)

Mix together and put in casserole dish and bake 1 hour at 350 degrees. Add mushrooms if desired

FRI-CHIK CAN BE OBTAINED AT ADVENTIST HEALTH FOOD PROVIDERS (CALL CHURCH FOR INFO) SOME GROCERY STORES OR OTHER HEALTH FOOD STORES SOMETIMES CARRY THESE LOMA LINDA PRODUCTS.