



Simple Baked Chicken and Rice

INGREDIENTS:

- 1 can cream of mushroom soup (lowfat, low-sodium)
- 1 can reduced-sodium chicken broth
- ⅓ cup light sour cream (or plain yogurt)
- 1 (16 oz.) bag California blend frozen vegetables
- 1 (10 oz.) can cooked white chicken, rinsed & drained
- 1 ½ cups instant whole-grain brown rice
- 1 teaspoon dried onion flakes
- 1 teaspoon ground black pepper

DIRECTIONS:

- 1. Stir soup, broth and sour cream together in a 9"x13" baking dish.
- 2. Add vegetables, chicken, rice, onion flakes and pepper; stir.
- Cover and put in a 375 degree F oven to bake. Set timer for 45 minutes.
- 4. At the sound of the timer, uncover and continue baking 10 minutes.

Source: Lickety-Split Meals for Health Conscience People on the Go! | **Yield:** 4 serving; 340 Calories per serving. Total fat 5.5g; Protein 23g; Dietary fat 7g, Sodium 800mg.



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