



## Simple Baked Chicken and Rice

### INGREDIENTS:

- 1 can cream of mushroom soup (low-fat, low-sodium)
- 1 can reduced-sodium chicken broth
- 1/3 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 1/2 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.
3. 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.