

Chicken

Chicken Mozzarella

Woman's Day Magazine

Servings: 4

Preparation Time: 10 minutes

Start to Finish Time: 35 minutes

Bake Time: 20 minutes

4 boneless/skinless chicken breast halves (about 1 pound)

1 can (10 3/4 oz) condensed tomato soup

1/2 teaspoon dried Italian seasoning or dried oregano leaves, crushed

1/2 teaspoon garlic powder

1/4 cup shredded mozzarella cheese

2 1/2 cups corkscrew-shaped pasta (rotini) (about 4 cups), cooked without salt and drained

Preheat oven to 400 degrees.

Place the chicken into a 2-quart shallow baking dish. Stir the soup, Italian seasoning and garlic powder in a medium bowl. Spoon the soup mixture over the chicken.

Bake for 20 minutes or until the chicken is cooked through. Sprinkle with the cheese. Let stand for 5 minutes. Serve the chicken and sauce with the pasta.

Per Serving (excluding unknown items): 66 Calories; 3g Fat (35.0% calories from fat); 3g Protein; 9g Carbohydrate; trace Dietary Fiber; 6mg Cholesterol; 377mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fat.