

Chicken

Chicken in Savory Lemon Sauce

Campbell's Easy Summer Recipes - p20

Servings: 4

Preparation Time: 10 hours

Cook Time: 20 hours

Vegetable cooking spray

4 skinless boneless chicken breasts (about 1 pound)

1 can (10 3/4 oz) condensed cream of broccoli soup

1/2 cup water

1/4 cup sweet red or green pepper, chopped

1 tablespoon fresh parsley

1 tablespoon lemon juice

1/2 teaspoon paprika

Spray 10-inch nonstick skillet with cooking spray. Heat over medium-high heat 1 minute.

Add chicken; cook 10 minutes or until browned on both side. Remove; set aside.

In same skillet, combine soup, water, pepper, parsley, lemon juice, and paprika. Heat to boiling.

Return chicken to skillet. Reduce heat to low. Cover; cook 5 minutes or until chicken is no longer pink, stirring occasionally.

Garnish with parsley and lemon.

Per Serving (excluding unknown items): 2 Calories; trace Fat (13.6% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat.