

Chicken

Skillet Cheesy Chicken & Rice

CampbellsKitchen.com

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Servings: 4

Preparation Time: 5 minutes

Cook time: 35 minutes

1 tablespoon vegetable oil

1 1/4 pounds boneless/ skinless chicken breast halves

1 can (10 3/4 oz) Campbell's Condensed Cream of Chicken Soup

1 1/2 cups water

1/2 teaspoon onion powder

1/4 teaspoon ground black pepper

1 cup uncooked regular long-grain white rice

2 cups frozen mixed vegetables

1/2 cup Cheddar cheese, shredded

In a 12-inch skillet over medium-high heat, heat the oil. Add the chicken and cook for 10 minutes or until well browned on both sides. Remove the chicken from the skillet.

Stir the soup, water, onion powder, black pepper and rice in the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 15 minutes, stirring once halfway through cooking time.

Stir in the vegetables. Return the chicken to the skillet. Sprinkle with cheese. Cover and cook for 5 minutes or until the chicken is cooked through and the rice is tender.

Per Serving (excluding unknown items): 147 Calories; 9g Fat (50.0% calories from fat); 7g Protein; 13g Carbohydrate; 4g Dietary Fiber; 15mg Cholesterol; 134mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 2 1/2 Vegetable; 1 1/2 Fat.