

Simple Baked Chicken & Rice

Hands-on - 10 min. Oven/Exercise - 60 min.

Serves 6

Got 10 minutes? That's all it takes to get this tasty favorite in the oven, leaving you with 1 whole hour of rejuvenating "all to yourself" exercise time.

Menu


Simple Baked Chicken & Rice

Tossed Salad

Apricot Halves

Preheat oven to 375°.

1 can	(10¾ oz) cream of mushroom or cream of chicken soup (<i>Campbell's Healthy Request</i>)	Stir together in a 9" x 13" baking dish.
1 can	(14½ oz) reduced-sodium chicken broth, 1/3 less sodium	
1/3 cup	light sour cream or nonfat plain yogurt	

1 bag	(16 oz) California blend frozen vegetables	Add to dish and stir.
1 can	(10 oz) cooked white chicken, rinsed and drained	Cover and put in oven to bake. Set timer for 45 minutes.
1½ cups	<i>Uncle Ben's</i> whole-grain instant brown rice, dry	 <p><i>Tennis anyone? Remember to end with a thorough stretch session.</i></p>
1 tsp	dried onion flakes	
10 grinds	fresh ground pepper	

At sound of timer, uncover and continue baking 10 minutes.

Meanwhile, set table, grab a salad and open the can of apricots. It's dinnertime!



Nutrition information for 1¼ cups

Calories	270	Fat	3.5 g	Fiber	5 g	Sodium	555 mg	Total Carbohydrate	46 g
Calories from Fat	11%	Saturated Fat	1 g	Cholesterol	18 mg	Protein	13 g	Sugars	3 g

Simple Baked Chicken & Rice

Oven • Exercise • Eat
147

Lickety-Split Meals
www.Zonya.com