

# 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  
*(Campbell's Healthy Request)*
- 1 can (14½ oz) reduced-sodium chicken broth, 1/3 less sodium
- 1/3 cup light sour cream or nonfat plain yogurt

Stir together in a 9" x 13" baking dish.

- 1 bag (16 oz) California blend frozen vegetables
- 1 can (10 oz) cooked white chicken, rinsed and drained
- 1½ cups *Uncle Ben's* whole-grain instant brown rice, dry
- 1 tsp dried onion flakes
- 10 grinds fresh ground pepper

Add to dish and stir.  
Cover and put in oven to bake.  
Set timer for 45 minutes.



*Tennis anyone? Remember to end with a thorough stretch session.*

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

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