Chicken-Rice Casserole

Ingredients

- 1 1/4 pound skinless chicken breasts
- 1 1/3 cup water
- 3/4 cup uncooked long-grain and wild rice
- 1 can cream of chicken or mushroom soup (reduced fat)
- 1 cup reduced fat sour cream
- 1/4 cup soy sauce
- 1/2 teaspoon onion powder
- 2 cups frozen mixed vegetables

Makes 5 servings

Directions

1. Heat the oven to 375° F.
2. Stir the soup, water, rice, onion powder and vegetables in an 11” x 8” baking dish.
3. Top with the chicken. Cover the dish.
4. Bake at 375° F for 50 minutes or until the chicken is cooked through and the rice is tender. Let stand for 10 minutes, stir then serve.