**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 (low fat)
- 1 cup low fat sour cream
- 1/4 cup soy sauce
- 1/2 teaspoon onion powder
- 2 cups frozen mixed vegetables

**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.

Makes 5 servings