

Chicken & Biscuit Pot

Ingredients

3 cooked skinless chicken breasts, diced or 1 (10 ounce) can chicken breast in water
2 cups frozen mixed vegetables, thawed

1/2 onion, chopped finely
1 (10 3/4 ounces) can cream of chicken soup
1/3 cup milk
1/2 teaspoon garlic powder
1/4 teaspoon black pepper
4 refrigerator biscuits

Directions

1. Preheat oven to 350° F.
2. Coat an 8" x 8" baking dish with cooking spray.
3. Add chicken, mixed vegetables and onion to baking dish; stir to mix.
4. In a medium bowl, mix together soup, milk, garlic powder, and pepper.
5. Pour the soup mixture evenly over the chicken and vegetables, and then place the biscuits on top.
6. Bake uncovered for 25-30 minutes or until biscuits are browned and the mixture is heated through.



Makes 4 servings

300 calories, 7g fat, 2g saturated fat, 50mg cholesterol, 450mg sodium, 36g carbohydrate, 5g dietary fiber, 24g protein.