

SIMPLE CHICKEN AND RICE CASSEROLE

Low Carb / Diabetes Friendly, Lower Saturated Fat

Serves: 8 (Serving = 1/8th of dish)

Nutrition (per serving)

Calories: 241

Total Fat: 7 g

Saturated Fat: 3 g

Sodium: 557 mg

Total Carbohydrate: 28 g

Dietary Fiber: 1 g

Total Sugars: 3 g

Protein: 19 g



Ingredients

- 2 – 12.5 ounce cans of chicken breast (about 3 cups), drained and shredded
- 1 – 10.5 ounce can of healthy request cream of chicken soup
- 1 – 10.5 ounce can of healthy request cream of mushroom soup
- $\frac{3}{4}$ cup non-fat plain Greek yogurt

- $\frac{1}{2}$ teaspoon onion powder
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon ground black pepper
- 1 cup water
- 1 cup 1% milk
- 2 cups instant brown rice, uncooked
- $\frac{1}{3}$ cup grated parmesan cheese



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Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Spray a 9x13 inch glass pan with cooking spray. Set aside.
3. In a large bowl combine all the ingredients except for parmesan cheese.
4. Pour mixture into prepared pan and sprinkle with parmesan cheese.
5. Place in oven and bake uncovered for 40-45 minutes or until cheese is golden brown.