



Chicken a la King

Info:

Makes 4 Servings 380 Calories per Serving

LOW CAL

Ingredients:



- ❖ 1 Tbsp I Can't Believe It's not Butter Light
- ❖ 1 Red Bell Pepper, chopped
- ❖ 1 Yellow Onion, chopped
- ❖ 3 or 4 Garlic Cloves, minced
- ❖ 1 Mini Can Peas (6oz)
- ❖ 1 Can Cream of Mushroom Soup
- ❖ ½ Cup Skim/Soy Milk
- ❖ ¼ Cup Water
- ❖ 1lb Chicken Breast
- ❖ 1 tsp Salt
- ❖ 1 tsp Pepper
- ❖ 4 Cups Rice, cooked

Preparation:



1. Start cooking the rice in a pot
2. Cut the chicken breast into ¾ inch cubes, boil 5 minutes or until no longer pink
3. In a large pot over medium heat melt the butter and sauté the garlic for about 1 minute
4. Add onions and peppers, cook until tender
5. Add soup, milk, water, peas, salt, pepper and chicken, cover and simmer
6. When rice is done add to the chicken and vegetable mixture and simmer 5-10 more minutes
7. Serve hot