

### ***Chicken and Broccoli Casserole***

Non-stick cooking spray

1 onion, chopped

2 cups cooked chicken, diced

1 ½ cups rice, cooked

1 (10.75 ounce) can of low-sodium cream of mushroom soup

1 (10 ounce) package of frozen broccoli

Salt and pepper

1 cup reduced-fat cheese, shredded

#### Directions:

1. Thoroughly coat a skillet with non-sticking spray and cook onion on medium heat for 2 to 3 minutes.
2. Add chicken, rice, soup and broccoli to skillet.
3. Mix thoroughly and heat on high for 5 minutes. Season to taste with salt and pepper.
4. Sprinkle cheese on top and serve immediately.

Serves 6

Nutrient Analysis, per serving: 230 calories, 18g. carbohydrate, 21g. protein, 9g. fat, 210mg. sodium