

15 Minute Chicken Rice & Broccoli Dinner

Ingredients

1 Tbsp	Oil
4 each	Boneless chicken breast halves
1 can 10 ¾ oz	Condensed reduced-sodium Cream of chicken soup
1 ½ cups	Water
2 cups	Minute white rice, uncooked
2 cups	Fresh broccoli florets

Instructions

1. Heat oil in large nonstick skillet on medium high heat. Add chicken; cook 4 minutes on each side or until cooked through. Remove from skillet.
2. Add soup and water to skillet. Bring to a boil.
3. Stir in rice and broccoli. Top with chicken; cover. Cook on low heat 5 minutes.
Note: Increase oil to 2 Tbsp if using a regular skillet.

Nutrition Information

Calories 410
Fat 10 g
Saturated fat 3 g
Cholesterol 65 mg
Sodium 660 mg
Dietary fiber 3 g
Sugars 2 g
Protein 33 g