



Chicken Broccoli & Rice Bake

Submitted By: Michele from Madison, WI

Number of Servings: 4

Ingredients:

4 skinless, boneless chicken breasts

1 cup low-sodium chicken broth

1 cup frozen broccoli or steamed fresh broccoli

1 cup uncooked white or brown rice

1 bag Wildtree Cream of Mushroom Soup Base

Salt and Pepper to taste

Method of Preparation:

Preheat oven to 375°F. Make soup base according to package directions. Mix base, broth, broccoli and rice in a greased 2 quart shallow baking dish. Top with chicken and bake for 35-45 min.

Nutritional Information:

Calories: 370

Fat: 4.5g

Saturated Fat: 1g

Carbohydrates: 45g

Fiber: 35g

Protein: 2g

Cholesterol: 75mg

Sodium: 380mg