

# Chicken and Herb Rice Casserole

3 boneless, skinless chicken breasts halves, boiled and cut into ½ inch chunks

1 package of herb rice, cooked according to package directions

1 cup cooked, sliced carrots OR 1 can of cooked carrots

1 can of reduced-fat cream of chicken soup

½ teaspoon salt

½ teaspoon pepper

½ teaspoon garlic powder

Preheat oven to 350-degrees. Combine ingredients above and place in casserole dish (sprayed with Pam). Cover and cook for 45-60 minutes, until top of casserole is golden brown.

Makes 6 servings.

Calories 161

Total Fat 3g

Saturated Fat 1 g

Trans Fat 0 g

Weight Watchers Points -- 3