

Chicken A La Soda

1 1/2 lb. chicken breast, boneless, skinless
1 medium onion, sliced
1 green pepper
1- 4 oz. can mushrooms, drained, sliced
1/2 tsp. salt (optional)
1/8 tsp. pepper
1 can sugar-free orange soda pop

Preheat oven to 350°F. Arrange chicken in a 3-quart casserole and top with remaining ingredients. Cover and bake for 35-45 minutes, or until chicken is tender. Uncover and bake 10 minutes. Makes 8 servings.

Variations: Add 2 cups sliced potatoes before cooking. Add other vegetables such as carrots, celery, etc.

Nutrition information per serving: calories 216; protein 38 grams; fat 4 grams; sodium 301 mg