

Creamy Chicken & Rice Bake

- 1 (12 fl oz.) can evaporated skim milk
- 1 (3 oz.) pkg. fat-free cream cheese
- 1 (10 3/4 oz.) can Campbell's Healthy Request® Cream of Chicken Soup
- 1/2 c. water
- 1/2 tsp. Garlic powder or 1 Tbsp minced garlic
- 1/8 tsp. ground black pepper
- 1 (16 oz.) bag of frozen mixed veggies of your choice (thawed)
- 2 c. cut up cooked chicken breasts (about two good size breasts)
- 1 1/2 c. instant rice uncooked
- 1/2 c. 2% Cheddar cheese, shredded

Preheat oven to 350. Spray a 9x13 pan with cooking spray. Combine evaporated milk and cream cheese in baking dish and whip with whisk until smooth. Add soup, water, garlic, and pepper; mix well. Add veggies, chicken and rice. Cover tightly with foil. Bake 35 minutes. Remove foil and top with cheese. Continue baking uncovered for 10 to 15 minutes until cheese is melted and mixture is bubbly. Let stand 15 minutes before serving. Makes 8 servings.

Nutrition information per serving: 235 calories; 14 grams protein; 4 grams fat; 38 grams carbohydrate; 362 mg sodium.