



Dinner Tonight!

Easy Cheesy Chicken

6 boneless chicken breasts
1 can cream of chicken soup, reduced sodium
6 slices part-skim Swiss cheese

1/4 cup white cooking wine
2 cups dry bread crumbs
non-stick cooking spray

Pre-heat oven to 350° degrees. Coat a 9 X 13 inch glass baking dish completely with cooking spray. Place chicken breasts in baking dish and top each piece of chicken with one slice of Swiss cheese. In a medium mixing bowl, combine soup and cooking wine. Pour soup mixture evenly over chicken breasts. Sprinkle bread crumbs evenly over soup and bake.

Preparation Time: 5 minutes
Cook Time: 35 minutes
Serves: 6
Cost per serving: \$1.70

Nutrition facts per serving
Calories: 272
Total Fat: 7 g
Cholesterol: 82 mg
Sodium: 348 mg
Total Carbohydrate: 16 g
Protein: 34 g

Serve with: Steamed vegetables and brown rice.