

Creamy Chicken, Rice and Broccoli - Skillet

Cooking is easy and cleanup is a snap with this chicken recipe. The entire main dish is cooked in one skillet. This dinner recipe is tasty and quickly assembled. Add a leafy salad and crusty bread to complete this meal.

Recipe Type: Main Dish, Poultry

Degree of Difficulty: Easy

Ingredients

1 Tbs vegetable oil
1 lb chicken breast, skinless cut into chunks
1 can 10.75-oz. can cream of chicken soup
1/3 cup chicken broth
1 cup Skim milk
1 cup broccoli florets
1 cup Brown rice
1/2 cup Low fat shredded cheddar cheese



Directions

- 1 In a large nonstick skillet, heat oil over medium high heat.
- 2 Add chicken and cook covered about 4 minutes each side or until completely cooked.
- 3 Remove chicken from the skillet.
- 4 Add soup, chicken broth and skim milk to skillet.
- 5 Stir to mix and bring to a boil.
- 6 Stir in rice, cover and lower heat. Let simmer for about 15 minutes.
- 7 Add chicken and recover and simmer for another 5 minutes.
- 8 Turn off skillet, add cheese and cover.
- 9 Steam broccoli (or used frozen and cook as directed).
- 10 Top with broccoli and serve.

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Nutrition Facts

Nutrition (per serving): 287 calories, 11.1g total fat, 2.7g saturated fat, 48.1mg cholesterol, 940mg sodium, 23.7g carbohydrates, 2.8g fiber, 4.6g sugar, 23.3g protein.

Servings: 4

Yield: 4 servings

Weight Watchers Points

Note: The nutrition for the chicken breast and broccoli are not included in the Freestyle SmartPoints calculation. Broccoli is not included for other WW points.

Orig. WW Pts: 5

Points Plus: 6

Smart Points: 7

FreeStyle Smart Points: 6

Tips

You can use instant rice if you want. Just add it to the skillet with the chicken and simmer for about 5 minutes is all.

Skip the cheese to save on a few calories and fats.