



Baked Chicken & Asparagus Casserole

1 can Campbell's condensed 98% fat-free cream of broccoli soup
1 ¼ cups cooked wild rice
24 asparagus spears
4 (4-oz) boneless, skinless chicken breasts
4 oz low-fat Monterey Jack cheese, shredded

1. Preheat oven to 350 degrees. In a bowl, whisk together water and soup.
2. Spread rice in a 9 x 13-inch casserole dish. Arrange asparagus stalks lengthwise atop rice, then lay chicken breasts on top. Pour soup mixture over everything and sprinkle with cheese. Cover with aluminum foil and bake for 40 minutes or until chicken is cooked through.

Nutrients per serving 1 ½ cup serving:

Calories: 469, Total Fat: 10 g, Sat. Fat: 5 g, Carbs: 50 g, Fiber: 6 g, Sugars: 4 g, Protein: 45 g,
Sodium: 795 mg, Cholesterol: 91 mg

Makes 4 servings and takes 45 minutes to prepare.

Recipe from *The Best of Clean Eating*, page 101

(You can find this recipe, along with others at PolsonFitness.com!)