

EASY Chicken Casserole

Indgredients:

2 cups cooked rice

2 cups cooked chicken, cubed

2 cups cooked broccoli, chopped

1 cup plain yogurt, Fat Free

2 can cream of chicken soup (I use campbells healthy request)

1/4 tsp curry powder

1/2 tsp. garlic powder

1/2 tsp black pepper

3 T lemon juice

1 1/2 cup shredded 2% cheddar cheese

1/3 c slivered almonds

Directions: Mix all together and place in a 9x13 baking dish. Bake at 350 for 30 minutes or until it bubbles and gets a little brown on top.

8 servings @ 6 points, 8 points plus

