

Chicken and Rice Casserole

Chicken Casserole



Serves 6

Blue – 6 points

Purple – 4 points (if you use brown rice)

Green – 8 points

- 2 cups cooked, diced boneless, skinless chicken breast
- 3/4 cup light mayo
- 1 cup celery, diced
- 2 cups rice, cooked
- 1 Tbsp lemon juice
- 3 large eggs, hard boiled
- 10.5 oz can Healthy Request Cream of Chicken soup (or homemade – recipe under "mixes" in the recipe section)
- 1 Tbsp onion, grated
- 1/2 tsp salt
- 1 cup corn flakes, crushed
- 1 Tbsp light butter, melted

1. In a large bowl, mix all ingredients, except cornflakes and butter.
2. Pour into a 9×13 casserole that has been sprayed with non stick spray
3. Mix crushed cornflakes and butter. Sprinkle over

casserole

4. Bake at 375 for 25 minutes.