

Chicken in Sour Cream

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An old family favorite – very simple but a crowd pleaser

Blue – 6

Purple – 6

Green – 8

- 4 5oz boneless, skinless, chicken breasts
- 1 12 oz can mushrooms (can also use fresh sauteed)
- 1 can cream of mushroom soup
- 1 cup light sour cream (If you use fat free, reduce total points by 2, but the sauce will not be as rich)
- 1/2 cup white wine
- paprika

1. Preheat oven to 350
2. Place chicken in a baking dish
3. Combine soup, mushrooms, sour cream and wine. Pour over chicken
4. Top with paprika
5. Bake for about 1 hour. Delicious served over rice.