

Favorite Chicken Casserole

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If you have the points, you can also crush up some Ritz crackers, corn flakes or some stuffing mix and mix with a little melted butter and sprinkle on top before baking. You could also add veggies into the mix – get creative!

Serves 4

- 4 1/2 cups cooked chicken breast, chopped
 - 4 oz light cream cheese, softened
 - 1 cup 1% cottage cheese
 - 1/2 cup fat free sour cream
 - 1 can Healthy Request Cream of Chicken Soup
 - 1/4 tsp garlic powder
 - 1/4 tsp onion powder
1. Preheat oven to 350. Lightly spray a 9 inch baking dish with cooking spray and set aside
 2. Combine chicken, cream cheese, cottage cheese, sour cream, garlic powder, onion powder and cream of chicken soup. Spread into pan
 3. Bake uncovered 30 to 40 minutes.