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
- 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.