

Sour Cream and Dill Chicken

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Adapted from Taste and Home Low Fat Country Cooking

208 Calories per serving

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:6351422e75061f238f938051>

- 4 boneless, skinless chicken breasts
 - pepper, to taste
 - 1/2 can cream of mushroom soup, undiluted
 - 1/2 envelope dry onion soup mix
 - 1/2 cup light sour cream
 - 1/2 tablespoon lemon juice
 - 1/2 tablespoon chopped fresh dill OR 1/2 tsp dried dill
 - 4 oz can sliced mushrooms, drained) OR 8 oz fresh, sauteed until cooked through
1. Place chicken in a single layer in a 9×13 baking pan coated with nonstick cooking spray.
 2. Sprinkle with pepper.
 3. Combine soup, soup mix, sour cream, lemon juice, dill and mushrooms; pour over chicken. Sprinkle with paprika. Bake, uncovered, at 350 for 1 hour or until chicken is

tender and juices run clear.

Main Course

Chicken

chicken, dill, sour cream