

Chicken and Rice Casserole Recipe with Mushrooms - 6 Points + - LaaLoosh

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For a quick and easy dinner idea that's healthy and low calorie, I turn to this creamy Chicken and Rice Recipe, as my good ol' standby. A popular dish that many of us grew up on, this traditionally high calorie meal just got a healthy (and TASTY!) makeover. By increasing the fiber and lowering the fat and carb count, you've now got a delicious and tasty meal that will help keep you on track with your weight loss goals. And though it's not an *official* one of Weight Watchers Chicken Recipes, this is a great main dish recipe for anyone counting calories who still wants to enjoy a delicious meal. Each nicely sized serving has just 6 Points + and is loaded with fiber and protein and veggies. Dig in!

Chicken and Rice Recipe with Mushrooms

Ingredients:

- 4, 4oz skinless, boneless chicken breasts
- 1 10oz package sliced cremini mushrooms
- 2 medium stalks celery, thinly sliced
- 6 baby summer squash, chopped
- 1 tsp fresh thyme leaves, chopped
- 1/2 cup dry white wine
- 1 1/2 cups fat free chicken broth
- 1/2 cup fat free sour cream
- 1 cup instant brown rice
- 1/2 tsp salt
- 1/4 tsp black pepper

Directions:

Spray a large, 12-inch skillet with non-fat cooking spray. Heat skillet on medium-high until hot. Add chicken and cook, covered, 5 minutes. Reduce heat to medium; turn chicken and cook, covered, 5 more minutes. Transfer to plate. To same skillet, add squash, mushrooms, celery, and thyme; cook 5 minutes or until vegetables are softened, stirring occasionally. Add broth, rice, wine, salt, and black pepper; heat to boiling. Return chicken to skillet. Reduce heat to low; cover and simmer about 12 minutes or until juices run clear when thickest part of chicken is pierced with knife, and rice is cooked. Add in sour cream, and combine. Serve immediately.

Entire recipe makes 4 servings

Serving size is 1 chicken breast and 1/4 of rice and sauce

Each serving = 6 Points +

PER SERVING: 239 calories; 3 g fat; 20 g carbohydrates; 35 g protein; 3 g fiber

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