



2-Step Chicken



Makes: 4 Servings

Total Cost: \$\$\$\$

The ultimate in simplicity, this recipe calls for chicken and cream of chicken soup. Pair it with a salad, or roasted mixed vegetables for a colorful dinner. Even better, 2-step around the kitchen while it is heating up, getting some physical activity while you cook!

Ingredients

- 1 tablespoon vegetable oil (or cooking oil of choice)
- 2 chicken breasts (boneless, skinless)

- 1 can (10.75 ounces) cream of chicken soup, reduced-sodium
- 1/2 cup water

Directions

1. Wash hands with soap and water.
2. Heat oil in a skillet at a medium-high setting.
3. Add chicken and cook for ten minutes.
4. Remove chicken from pan and set aside.
5. Stir the soup and water together in the skillet and heat it to a boil.
6. Return the chicken to the skillet. Reduce the heat to low and simmer for an additional 10 minutes, or until the chicken reaches an internal temperature of 165 °F.

Notes

This recipe uses reduced sodium cream of chicken soup.

Source:

Recipe adapted from: *Simple Healthy Recipes*

Oklahoma Nutrition Information and Education (ONIE Project)

Nutrition Information

Serving Size: 1/2 chicken breast

Nutrients	Amount
Total Calories	154
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	45 mg
Sodium	476 mg
Carbohydrates	6 g
Dietary Fiber	0 g
Total Sugars	0 g
Added Sugars included	0 g
Protein	17 g
Vitamin D	N/A
Calcium	17 mg
Iron	1 mg
Potassium	152 mg

MyPlate Food Groups

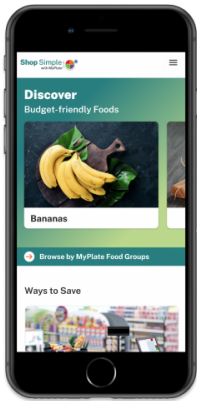


Protein Foods

2 ounces

N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change as data is updated



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