



DINNER

Poppy Seed Chicken

Makes 6 Servings (serving size = 1/6 of recipe)

Ingredients:

1 lb uncooked skinless boneless chicken breast OR rotisserie chicken cut into 1 inch square pieces*

1 pint (16 oz) light sour cream

1 x 10.5 oz can of 98% fat free cream of chicken soup*

1/2 cup chicken broth 99% fat free*

20 reduced-fat butter crackers

2 tablespoons light butter

2 tablespoons poppy seeds

*can use low-sodium options to lower total sodium content of meal

Directions:

Cut unthawed chicken into 1 oz chunks. Place chicken in a frying pan. Add water until chicken is completely submerged. Cook chicken on medium to high heat on the stove top until chicken is white throughout. *(OR pick 14oz cooked rotisserie chicken off the chicken bone.)

While the chicken is cooking, stir the sour cream, chicken broth and cream of chicken soup in a medium mixing bowl until thoroughly combined. Melt the butter in the microwave.

Next, put 20 reduced-fat butter crackers in a bag and crush into cracker crumbs. Add the crumbs, melted butter and poppy seeds into a small butter bowl and combine well.

Drain water from the cooked chicken and place in a large rectangular baking dish. Cover with the sour cream mixture. Sprinkle crumb mixture over the chicken and sour cream mixture. Bake for 40 minutes at 350 degrees.

Nutrition Information per serving

Calories: 283, Fat: 12g, Sat fat: 5g, Sodium: 650mg, Carbohydrate: 16g, Protein: 21g, Fiber: 0-1g

350 calories = 1S, 2V, 3P, 1O, 1F	500 calories = 2S, 2V, 4P, 2O, 1F	600 calories = 3S, 2V, 4P, 2O, 1F
Poppy chicken (S, PPP, O)	Poppy chicken (S, PPP, O)	Poppy chicken (S, PPP, O)
2 cups salad (VV)	2 cups salad (VV)	2 cups salad (VV)
2 Tbsp fat-free dressing (free)	2 Tbsp low-fat dressing (O)	2 Tbsp low-fat dressing (O)
½ large banana or 1 small banana (F)	½ cup corn or peas (S)	1/2 cup beans (S, P)
	½ large banana or 1 small banana (F)	½ large banana or 1 small banana (F)
	1 ounce low fat cheese (P)	1 small dinner roll (S)