

Chicken and Broccoli Casserole

3 chicken breasts

1 can of low-sodium, cream of mushroom soup

1 head of broccoli, chopped and steamed

1 cup grated, light cheddar cheese

1 tablespoon margarine, melted

1/4 cup breadcrumbs

1. Cut chicken breasts into 1 inch cubes.
2. Mix chicken and soup together.
3. In a casserole dish, layer chicken, broccoli and cheese.
4. Melt margarine and mix with breadcrumbs.
5. Sprinkle breadcrumbs over top of casserole.
6. Bake at 350 ° for one hour, until chicken is cooked.
7. Serve over rice or pasta.