

Chicken with Green Chili Cream Sauce

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 20 minutes

Serves: 4

CChints: This recipe calls for Cream of Chicken soup.

You can get this in several ways; low sodium, low fat, or just plain regular. Choose the one that is best for you.

Green Chilies are one of the milder chilies that deliver a mild unique flavor with no heat. After you remove the 3 teaspoons of seasoning from the Taco Seasoning envelope, close up the open and tape it shut and save it for the next time you want to make Tacos.



- 4 servings of brown rice
- 4 boneless, skinless chicken breasts
- 2 teaspoons prepared Taco seasoning from an envelope
- 1/2 teaspoon salt and a dash of pepper
- 2 Tablespoons olive oil
- 1/2 cup skim milk
- 10 ounce can cream of chicken soup
- 4 ounce can chopped green chilies, drained
- 2 teaspoons fresh lime juice, about 1 lime
- 1/4 cup reduced fat sour cream
- 2 green onions, sliced into 1/2 inch pieces
- Garnish: 2 Green onions, sliced

Prepare your rice according to package directions which can take from 5 – 40 minutes. Plan on starting the rice at a time when it is done when the chicken is ready. The chicken takes about 20 minutes.

Rinse chicken, pat dry and lay on a plate. Roll out about 18 inches of plastic wrap on your work surface. You can leave each chicken breast whole or cut them in half before pounding. Lay a piece about 3 inches from one end of the plastic wrap and fold the other end over. With a flat surface meat mallet or heavy skillet, pound each piece about 1/2 inch thick and return it to the plate. When you are done, open the plastic wrap and lay the chicken on it.

Heat a large nonstick pan to medium. Take a look at your skillet and then your chicken. Will all the chicken fit in your skillet without being too crowded? If not, you will need to cook the chicken in two batches which means you will only want to add half of the oil at first. While the pan is heating lightly sprinkle one side of the chicken with 1-1/2 teaspoon taco seasoning and sprinkle with salt and pepper. Carefully lay each piece in the skillet, seasoned side down. Sprinkle with the remaining seasoning. Cover and cook for 5 minutes, do not move it during this time so it can brown evenly. Remove the cover and lower the temperature to med-low. Turn them over for another 4 minutes. If you are cooking the chicken in two batches, pull out the first batch and put on a plate and add the rest of the oil to the pan. Cook the 2nd batch of chicken the same way. When you are done add all the chicken back into the pan.

When the rice is done, remove it from the heat but keep it covered until the end. While the chicken is cooking you can prepare a side vegetable if you would like one.

While the chicken is cooking, combine the soup, water, chilies and lime juice in a medium bowl. After the chicken has cooked, pour the soup mixture into the skillet and when it boils reduce the heat. Cook for 5 minutes stirring the sauce occasionally. Remove from the heat and transfer the chicken to a platter for just 1 minute because you need room in the pan the stir in the sour cream. Stir in the sour cream and cover again.

To plate put a serving of rice on each plate. Add a piece of chicken and put a scoop the sauce over each piece of chicken. Add your side vegetable and enjoy!