



## No Peek Yummy Chicken

### Ingredients:

- 1 packet of Diet Right Cream of Chicken soup
- 2 cups riced cauliflower
- 4oz fat free chicken broth
- 8oz of chicken tenders
- ¼ teaspoon salt
- ½ teaspoon onion powder
- ½ teaspoon Mrs. Dash or similar seasoning

### Directions:

1. Preheat oven to 350
2. Spray 8x8 baking dish with cooking spray
3. Place riced cauliflower, cream of chicken soup, chicken broth, and chicken tenders in 8x8 baking dish.
4. Top it with onion powder and Mrs. Dash.
5. Cover with foil.
6. Bake at 350 degrees for 1 hour. No peeking

Servings: 1

Each serving: 8oz lean protein, 2 cups select veggies, 1 Diet Right protein product, ¼ teaspoon salt

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