

# Creamy Chicken Vegetable Casserole

## You will need:

- 4 boneless skinless chicken thighs, halved (or 3 large boneless skinless chicken breasts, cut into 8 pieces total)
- 1 can low-fat or “Healthy Request” cream of celery soup
- 1 can low-fat or “Healthy Request” cream of mushroom soup
- ½ cup skim milk
- 3 cups frozen mixed vegetables
- 2 cups frozen broccoli
- 1 cup frozen lima beans
- 1 tsp. poultry seasoning
- 4 oz. reduced fat cheddar cheese, grated
- 3 liter baking dish

## Directions:

- 1) Preheat the oven to 350°.
- 2) Place all frozen vegetables in a large microwavable bowl, and microwave for 2-3 minutes to thaw.
- 3) Dump the cans of soup, milk, and poultry seasoning in with the vegetables, and mix all the ingredients together well.
- 4) Pour into the baking dish, and add the chicken pieces. Push the chicken pieces down into the veggie mixture, covering completely.
- 5) Cover the dish, and bake for 1 hour (or until the chicken pieces no longer look at all pink when they're cut into).
- 6) After an hour, take the dish out of the oven and top with the grated cheese. Bake an additional 10-12 minutes uncovered, until the cheese is melted and just starting to get brown.
- 7) This recipe makes 8 generous portions, and works quite well as leftovers too. Enjoy!