

Low-Point Chicken and Green Bean Casserole

Ingredients:

- 3 Tbs Land O Lakes light butter, divided
- 1/2, 6 oz. package Stove Top stuffing, chicken flavor
- 3/4 cup water
- 4, 4 oz. skinless, boneless chicken breasts, cubed
- salt and pepper
- 6 to 7 oz. fresh green beans, trimmed and cut into 1 to 1 1/2-inch lengths
- 2 carrots, shredded
- 3 Tbs onion, minced
- 1 Tbs garlic, minced
- 2 Tbs flour
- 1 cup chicken broth
- 3 oz., 1/3 less-fat cream cheese
- Pam cooking spray

Preheat oven to 400 degrees. In a microwavable bowl, pour in half of the packaged Stove Top stuffing mix. Add the water and one tablespoon of butter. Microwave for about 4 minutes. Set aside. In a large skillet, heat 1 tablespoon of butter over medium-high heat. Add the chicken cubes and sprinkle with salt and pepper, to taste. Cook chicken for about 7 minutes, stirring frequently until chicken is done. Transfer chicken to a casserole baking dish sprayed with Pam cooking spray. Using the same skillet, add remaining 1 tablespoon of butter and toss in green beans, carrots, onions, and garlic. Cook for 6 to 8 minutes until green beans are crisp-tender. Sprinkle with flour, stir, and then add chicken broth. Lower heat to simmer and cook for 3 minutes or until thickened. Add cream cheese and cook for 2 to 3 minutes until melted and well combined. Spoon green bean mixture evenly over chicken and top with stuffing. Bake, uncovered, at 400 for approximately 20 minutes.

Total servings - 6 cups

Serving size - 1 cup

Points per serving - 5

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

""Never give up on something that you can't go a day without thinking about." - Anonymous