

Creamy Italian Chicken

Ingredients:

- 4 Chicken breasts
- 1 package of Italian seasoning
- ¼ cup water
- 1 package of reduced fat cream cheese
- 1 can cream of chicken soup (healthy choice)
- 1 4oz can of mushrooms (drained)

Directions:

Put the chicken breast in a slow cooker. Mix Italian seasoning and water together and pour over chicken. Cook on low for 3 hrs. Then mix cream cheese and soup together and stir in mushrooms. Pour over chicken and cook on low for 1 more hour. Serve over rice or noodles

This recipe is provided by SHS Wellness Programs

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