

## One- Dish Chicken and Vegetables

### Ingredient:

4 boneless skinless chicken breasts

Vegetable cooking spray

1 can cream of chicken soup

½ cup milk or 2 percent milk

1 tbsp. lemon juice

1/8 tsp. garlic powder

1 16 oz. bag broccoli and carrots

Spray a large skillet with vegetable spray heat over medium high heat. Add the cleaned and dried chicken breast in the pan and cook about 5 minutes per side or until brown. Remove and set aside.

Add soup, milk, lemon juice, garlic powder and vegetables. Heat to a boil and then add the chicken back in the pan. Cover and cook over low heat 10 minutes or until chicken is completely done.

Serves 4