

SMART SUPPER:

crispy chicken & sauce

Equal parts crispy and creamy, this yummy chicken dinner is also surprisingly easy to prepare. Though it may sound fussy, you'll be amazed at how few ingredients – and prep time – it takes to create this balanced meal. It's so satisfying you'll never guess that it's a smart choice, too.

Parmesan Crusted Chicken in Cream Sauce

A flavorful and balanced dinner that will be a hit with the whole family.

Prep: 15 min. | Total: 30 min.

- 2 cups Minute Brown Rice, uncooked
- 1 can (14 oz.) fat-free reduced-sodium chicken broth, divided
- 6 Ritz Crackers, finely crushed
- 2 Tbsp. Kraft 100% Grated Parmesan Cheese
- 4 small boneless skinless chicken breast halves (1 lb.)
- 2 tsp. vegetable oil
- 1/3 cup Philadelphia Chive & Onion Light Cream Cheese Spread
- 3/4 lb. (1 bunch) asparagus spears, trimmed, steamed

COOK rice as directed on package, using 1/4 cups of the broth and 1/2 cup water. **MEANWHILE**, mix cracker crumbs and Parmesan cheese on plate. Rinse chicken with cold water; shake off excess water. Dip chicken in cracker mixture, turning to coat.

HEAT oil in large nonstick skillet on medium heat. Add chicken; cook 5 to 6 min. on each side or until chicken is golden brown and cooked through. Place chicken on serving plate. Set aside; keep warm. Add remaining 1/2 cup broth on medium heat until mixture just comes to boil, and cream cheese spread to same skillet. Cook stirring constantly. Simmer 3 min. or until sauce thickens. Spoon sauce over chicken. Serve rice and asparagus with chicken.

Makes 4 servings.

CAL 420, FAT 17g (sat 4g), CHOL 80mg, SODIUM 520mg, CARB 41g, FIBER 3g, SUGARS 3g, PROTEIN 36g, VIT A 15% DV, VIT C 8% DV, CALCIUM 10% DV, IRON 10% DV

READER REVIEW ★ ★ ★ ★ ★

We asked our e-mail subscribers to rate this recipe. Here's what one of them had to say:

"When I asked my family if I should make this again, they said, 'Every week.' My husband loved it so much; it was awesome!"

– Margaret, GA

We'd love to hear what you think. Visit krafthoods.com to rate this or any Kraft recipes.

