

Hot Chicken and Chips Retro

Cooking Light

Makes 9 servings.

4 cups roasted, skinless, boneless chicken breast
1/3 cup chopped green onions
1/3 cup chopped red bell pepper
2 cans water chestnuts, drained and chopped, 2-8 oz. cans
3 tablespoons finely chopped fresh parsley
3/4 cup reduced-fat mayonnaise
3/4 cup reduced-fat sour cream
3 tablespoons fresh lemon juice
3 teaspoons Dijon mustard
1/2 teaspoon salt
1/2 teaspoon fresh ground black pepper
Cooking Spray
1 1/4 cups grated Swiss cheese, about 5 oz.
1 1/4 cups crushed baked potato chips, about 3 oz.

Preheat oven to 400 degrees.

Combine chicken and next 4 ingredients (through parsley) in a large bowl; stir well.

Combine mayonnaise and next 5 ingredients (through black pepper) in a small bowl, stirring with a whisk.

Add mayonnaise mixture to chicken mixture; stir well to combine.

Spoon chicken mixture into a 9 x 13-inch baking dish coated with cooking spray. Sprinkle with grated cheese.

Top cheese evenly with crushed chips.

Bake at 400 degrees for 15-20 minutes or until filling is bubbly and chips are golden. Cover loosely with a sheet of aluminum foil to avoid burning if the chips start to brown too quickly .

To save preparation time, purchase pre-cooked chicken breasts from the grocery store deli.

Dinner, Home Cooking

Per serving (excluding unknown items): 58.7 Calories; 5.5g Fat (81.7% calories from fat); 0.3g Protein; 2.5g Carbohydrate; 7mg Cholesterol; 235mg Sodium. Exchanges: 1 Fat.