

## Alice Springs Chicken

- 2 teaspoons canola oil
- 1 1/2 cup sliced mushrooms
- 1/4 cup diced lean ham or Canadian bacon
- 4 (6-ounce) boneless, skinless chicken breasts
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1 (10-3/4-ounce) can low sodium reduced-fat cream of chicken soup
- 3/4 cup reduced-fat milk
- 1/2 teaspoon dried thyme
- 1/2 teaspoon onion powder
- 1/4 cup shredded reduced-fat mozzarella cheese

### What To Do:

1. Preheat oven to 350 degrees F. Coat a 9- x 13-inch baking dish with cooking spray.
2. In a large skillet over medium-high heat, heat oil; saute mushrooms and ham 5 to 7 minutes, or until they begin to brown.
3. Sprinkle chicken on both sides with garlic powder and pepper; place in baking dish. Spoon mushroom mixture evenly over chicken.
4. In a medium bowl, whisk soup, milk, thyme, and onion powder. Spoon over mushroom layer. Sprinkle with cheese.
5. Bake 25 to 30 minutes, or until chicken is no longer pink in center.