



Healthy Eating & Weight Loss

Chicken Succotash

- 1 can cream of chicken soup
- 1 pound boneless skinless chicken breasts cut into chunks
- 1 1/2 cups each of frozen corn and frozen green beans
- 1/2 cup diced turkey ham
- 1/2 cup milk
- 1/3 cup each diced red pepper and onion
- 1/2 tsp thyme

Mix all ingredients in a 3 quart or larger slow cooker. Cover and cook on low for at least 4 hours until chicken and vegetables are tender.

Makes 4 servings

378 calories per serving, 34 g protein

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