

Nonstick cooking spray for the baking dish  
3 cups chopped cooked chicken breast  
1 frozen bag of broccoli florets, thawed  
2 cups cooked white rice  
One 10-ounce can condensed fat free cream of chicken soup  
1 cup light sour cream  
½ cup light mayo  
1 tablespoon lemon juice  
Salt and pepper to taste  
8 ounces' reduced cheddar cheese

Directions: Preheat the oven to 350 degrees F. Grease a 9X13 baking dish. At the bottom of the baking dish spread rice in an even layer. Make a second layer with the broccoli. In a large bowl, mix the chicken soup, sour cream, mayonnaise, lemon juice, shredded chicken, half the cheddar cheese and some salt and pepper. Pour the mixer over the broccoli and top with the remaining cheddar. Bake for 40 minutes.

Serves 10