

## Chicken in the Mix

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When looking for Lap Band Nutrition, if a protein shake doesn't do it, individuals can also try a crunchy chicken casserole.

For this item individuals will require these ingredients:

4 cups cubed or shredded cooked boneless, skinless chicken breast

½ sweet onion, chopped finely

2 cups fresh, canned or frozen green beans

1 (8 ounce) can sliced water chestnuts, drained

1 (10 ¾ ounce) can low-fat cream of mushroom soup

1 (10 ¾ ounce) can low-fat cream of celery soup

1 cup fat-free Greek yogurt

2 teaspoons poultry seasoning

¾ teaspoon kosher salt

Topping:

1 cup original Fiber One cereal

1/8 teaspoon garlic powder

1/3 cup sliced almonds

Directions for crunchy chicken casserole

\* Preheat oven to 350 degrees.

\* Using a food processor or blender, crush Fiber One cereal, Mix garlic powder into crushed Fiber One and place to the side.

\* In a medium bowl, mix first nine ingredients until well-mixed. Spray a 9x13 inch baking pan with non-stick cooking spray. Pour all of the chicken mixture into the pan. Cover with crushed Fiber One.

Sprinkle almonds on top and bake for approximately half an hour.

Lap band patients should note that these food items are just a few of the many different opportunities available to them with Lap Band Nutrition.

With the surgery now history, those who have undergone lap band are on the road to a healthier and happier life, with Lap Band Nutrition guiding the way.