

Cheesy Chicken and Rice

adapted from [Cassie Craves](#)

6, 1 cup servings, 9 WW points per serving

2 to 3 boneless chicken breasts

2 to 3 tablespoons light butter

1 medium onion, diced

1, 10.5 oz can 98% fat free cream of chicken soup

1 cup fat free sour cream

2/3 cup Weight Watchers shredded Mexican cheese or reduced fat shredded cheese

1, 15 Oz can whole kernel corn, drained

1, 8 oz box Zatarain's Yellow Rice Mix, cooked according to the package directions

Place the chicken breasts in the bottom of the slow cooker. Top each breast with a tablespoon of butter. Sprinkle with onion. In a bowl mix together the cream of chicken soup and sour cream. Pour over the chicken. Cook on low for 7 to 8 hours or high 3 to 4 hours. A few minutes before serving stir in cooked rice, corn, and cheese. Stir to combine. Serve hot.

From Lacey at www.laceywithlove.blogspot.com