

Chicken in Wine Sauce



- 2 pounds chicken breast
- 1 (10 ¾-ounce) can fat-free cream of mushroom soup
- 1 (10 ¾-ounce) can French onion soup
- 1 cup white wine

Place chicken breast in crock pot. In a small bowl, combine mushroom soup, onion soup and white wine. Pour over the chicken breasts. Cover and cook on low for 6-8 hours. Makes 6 servings.

Nutrition Info: 238 calories, 5 g fat.

For more information contact:

Geissler Baker, M.Ed.

Extension Agent, Family & Consumer Sciences

3309 Burlington Rd., Greensboro, NC 27405

Phone: 336-375-5876 / Fax: 336-375-2295

Email: geissler_baker@ncsu.edu

Website: www.guilfordextension.com

Good Morning Show, September 10, 2011

Use of trade names does not imply endorsement by the North Carolina Cooperative Extension of the products named nor criticism of similar products not mentioned.



North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.