

Smothered my way

By Ashleigh Noyes

Tribune Columnist

Lately, I have been in the mood for smothered food. Pretty much anything I can think of to put a heavy layer sauce over, I will. Last year, I shared a recipe for bacon wrapped chicken and I thought, why not smother something like that. If you choose, you can make it lighter by using low fat or fat free sour cream and low sodium soup. However, if I am going to smother something I am going to make all those calories count and make it hearty! When I make this recipe I usually serve it over rice and cook green beans with it. It makes a delicious full course dinner for family nights. What do you think?

Smothered Bacon Chicken

6 skinless, boneless chicken breast halves
12 slices bacon
16 ounces sour cream
2 cans condensed cream of mushroom soup

Preheat oven to 350 degrees F. Wrap each chicken breast in 2 strips of bacon and place in a glass 9x13 inch baking dish. In a bowl, mix the sour cream and soup. Cover the chicken with the sour cream/soup mixture and bake uncovered in the preheated oven for 40 to 50 minutes or until slightly brown on top.