

Frito Chicken

4 boneless chicken breasts
2 cups shredded cheddar cheese
1 can cream of chicken soup, (low fat is fine)
1 Package taco seasoning mix
2/3 soup can of milk
1 9 ¾ ounce bag of Fritos
Hot rice

Place chicken in your favorite 9x9 or 13x9 baking pan (spray with no stick spray first). Flatten chicken so it's an even thickness.

Mix together the cheese, soup, taco seasoning and milk. Pour over chicken. Dump the whole bag of Fritos on top. Cover with foil and bake at 375 degrees for 50–60 minutes or until chicken is done.

Serve the cheesy sauce over rice with the chicken.