



Chicken and Broccoli Bake

SERVING SIZE: 1 ½ cup

SERVINGS: 6

PREPARATION TIME: 50 minutes

INGREDIENTS:

- 1 (10.5 ounce) can cream of chicken soup, low sodium
- 1 Can-full of water (use soup can to measure)
- 1 (12.5 ounce) Can chicken in water, drained
- 1 (16 ounce) bag of frozen broccoli, thawed
- 1 (8 ounce) box of whole grain pasta
- 1 teaspoon parsley to garnish
- 1 teaspoon pepper
- ¼ Cup grated Cheddar cheese, low-fat



DIRECTIONS:

1. Preheat oven to 375° F.
2. Bring pot of water to a boil and cook pasta according to directions on the box; strain and add to casserole dish.
3. Drain canned chicken and add to large casserole dish.
4. Add soup, water, broccoli, parsley, and pepper to casserole dish, stirring to mix.
5. Sprinkle cheese on top of mixture.
6. Bake for 30-35 minutes, until contents are bubbling and cheese is melted.

RECIPE TIPS:

- You can also use leftover pasta, chicken, or broccoli for this recipe.
- Can be stored in refrigerator for 5-7 days.

NUTRITION FACTS:

Amount Per Serving

Calories	185
Total fat	5.5 g
Saturated fat	1.8 g
Cholesterol	55 mg
Sodium	395 mg
Total Carbohydrate	49 g
Fiber	2.9 g
Sugar	1.2 g
Added Sugar	0.17 g
Protein	21.4 g
Phosphorus	188 mg
Potassium	411 mg

EQUIPMENT NEEDED:

- Casserole dish
- Large pot with lid
- Oven/toaster oven
- Hot plate/stove

Recipe submitted by Mount Mary University Dietetics Department

Additional recipes available at: healthyshelves.org