

Broccoli & Chicken Casserole

3 c No Yolks egg noodle substitute
2 1/2 c ground chicken breast, skinless, cooked
1/2 c onions, chopped
3 1/4 c frozen broccoli cuts, thawed
10 3/4 ozs low-fat cream of mushroom soup
1/2 c skim milk
1/2 c Swiss cheese, shredded
1 tsp basil
2 tsps salt
1/4 tsp black pepper

1. Preheat oven at 350.
2. Prepare a 2 1/2-quart casserole dish with cooking spray, set aside.
3. Cook noodles according to package directions. Drain.
4. In a mixing bowl, combine noodles, chicken, onions and broccoli.
5. In another mixing bowl, combine soup, milk, cheese, basil, salt and pepper.
6. Stir in noodle mixture. Pour entire mixture into prepared dish.
7. Bake, covered for 40 minutes.

6 servings. 266 Calories, 4g Fat, 30g Protein, 21g Carbohydrate, 64mg Cholesterol, 880mg Sodium
