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Stovetop Chicken and Broccoli Casserole

We trimmed 9 grams of fat and almost 100 calories in this makeover of cheesy chicken-and-broccoli casserole. All the raw ingredients are layered in a skillet, then simmered for a quick weeknight dinner.



Serves: 6

Yields: 6 servings

Total Time: 40 min

Prep Time: 25 min

Nutritional Information (per serving)

Calories	446
Total Fat	15g
Saturated Fat	7g
Cholesterol	75mg
Sodium	662mg
Total Carbohydrate	41g
Dietary Fiber	6g
Sugars	--
Protein	33g
Calcium	--

Ingredients

- 8 ounce(s) whole-wheat egg noodles
- 1 can(s) (14-ounce) reduced-sodium chicken broth
- 1 pound(s) boneless, skinless chicken breasts, trimmed, cut into 3/4-inch pieces
- 1 package(s) (14- to 16-ounce) frozen broccoli florets, thawed and chopped, if desired
- 1 1/2 cup(s) skim milk
- 1/2 cup(s) reduced-fat mayonnaise
- 3 tablespoon(s) all-purpose flour
- 1 1/2 teaspoon(s) dry mustard
- 1/2 teaspoon(s) garlic powder
- 1/4 teaspoon(s) salt
- 1/4 teaspoon(s) freshly ground pepper
- 1 1/2 cup(s) shredded Colby-Jack or Cheddar cheese

Directions

1. Place noodles in a large skillet. Pour broth over the noodles. Layer chicken, then broccoli over

the noodles.

2. Whisk milk, mayonnaise, flour, dry mustard, garlic powder, salt, and pepper in a medium bowl. Pour over the broccoli.
3. Bring to a simmer over medium-high heat. Reduce heat to maintain a simmer, cover and cook, stirring once or twice, until the noodles and chicken are cooked through, 15 to 18 minutes.
4. Meanwhile, position rack in upper third of oven; preheat broiler.
5. When the casserole is done, sprinkle cheese on top and broil until lightly browned, about 3 minutes.

Exchanges: 2 starch, 1 vegetable, 3 lean meat, 1 fat Carbohydrate Servings: 2 Nutrition Bonus: Vitamin C (45% daily value), Calcium (30% dv), Vitamin A (23% dv), Folate (16% dv).

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