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Chicken with Broccoli

Ingredients

2 cooked chicken breast halves, cut into pieces

2 (10-ounce) packages frozen broccoli

1 (10-¾ ounce) can cream of chicken soup, reduced fat

½ cup 1% milk

¼ cup light mayonnaise,

½ teaspoon curry powder

½ cup grated cheddar cheese, reduced fat

Makes 5 servings

Instructions

1. Cook broccoli only a short time until barely tender and drain.
2. In a large bowl, combine the soup, milk, mayonnaise and curry powder. Stir thoroughly.
3. Add the chicken and broccoli. Mix and pour into a 9x9 inch baking pan and sprinkle with grated cheese.
4. Bake at 375° F for 30 minutes or until bubbly.

Note :

- Fresh broccoli may be used in place of frozen.

Nutrition Facts

Serving Size 1 cup
Servings Per Container 5

Amount Per Serving

Calories 170	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 530mg	**22%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 4g	**16%**
Sugars 4g	
Protein 13g	

Vitamin A 30% • Vitamin C 110%
Calcium 25% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

48% calories from fat

Source: Cornell Cooperative Extension of Schoharie County. December 2009

Eat Smart New York! ESNY

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