

Chicken and Broccoli Alfredo

Makes 4 Servings

Ingredients:

- 8 ounces linguine pasta
- 1 cup fresh or frozen broccoli florets
- 2 cups cooked, chopped chicken breast (without skin)
- One 10.5-ounce can reduced sodium cream of mushroom soup
- 1/2 cup skim milk
- 1/4 cup grated or shredded Parmesan cheese
- 1/2 teaspoon black pepper

Directions:

1. Prepare linguine in boiling water according to package directions in 3 quart saucepan. Pasta will take 9-10 minutes to cook.
2. Add broccoli during the last 4 minutes of cook time.
3. Drain pasta and broccoli well in colander.
4. Stir chicken, soup, milk, cheese and black pepper in saucepan until combined and smooth.
5. Add pasta and broccoli.
6. Cook until mixture is hot and bubbling, stirring often.
7. Serve with additional parmesan cheese if desired.

Nutrition Facts

4 servings per container
Serving size (257g)

Amount per serving
Calories **400**

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 170mg **7%**

Total Carbohydrate 49g **18%**

Dietary Fiber 0g **0%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 32g

Vitamin D 0mcg **0%**

Calcium 115mg **8%**

Iron 3mg **15%**

Potassium 329mg **8%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Family Conversation Starter:

What was your favorite class today?

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