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Chicken Broccoli Casserole

Ingredients:

3 (10-ounce) packages frozen broccoli
1 (10¾-ounce) can cream of chicken soup
½ cup 1% milk
½ teaspoon curry powder
2 cups cubed cooked chicken
½ cup low fat sharp cheddar cheese, shredded
2 Tablespoon Parmesan cheese, grated

Makes 6 servings - 27% calories from fat

Nutrition Facts

Serving Size 1 1/4 cup
Servings Per Container 6

Amount Per Serving

Calories 200   Calories from Fat 50

	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 50mg	**17%**
Sodium 580mg	**24%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 4g	**16%**
Sugars 3g	
Protein 26g	

Vitamin A 30%	•	Vitamin C 130%
Calcium 15%	•	Iron 10%

*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

Instructions:

1. Cook broccoli only a short time until barely tender, drain, and set aside.
2. Combine the soup, milk, and curry powder, stir thoroughly.
3. Add the chicken and broccoli, mixing well.
4. Pour into a 9x9" baking pan and sprinkle with grated cheese.
5. Top with Parmesan cheese.
6. Bake in 375º F oven for 30 minutes or until bubbly.

EFNEP
Expanded Food and Nutrition Education Program

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