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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 mayonnaise, light
- ½ teaspoon curry powder
- ½ cup grated cheddar cheese, reduced fat

Makes 5 servings - 45% calories from fat

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.

Variation:

- Fresh broccoli may be used in place of frozen.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 5	
Amount Per Serving	
Calories 180	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 680mg	28%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 14g	
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 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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