

# Creamy Chicken Broccoli Casserole

## Ingredients:

- 13.25 oz whole-wheat packaged spiral-shaped pasta like fusilli
- 1 1/2 lb boneless, skinless chicken breasts (all visible fat discarded, cut into 1-inch pieces)
- 3/4 tsp salt-free, dried Italian spice blend
- 15 1/4 oz. canned, no-salt-added or low-sodium whole kernel corn (drained, rinsed)
- 16 oz. packaged, frozen broccoli (thawed)
- 8 oz. fat-free cream cheese
- 1 cup fat-free, plain yogurt

## Instructions:

1. **Prep:** Preheat the oven to 350° degrees F. Cook pasta according to package instructions, omitting salt and oil or other fat.
2. **Cook chicken and vegetables:** In a large pan over high heat, add chicken and cook until done, about 5 minutes. Lower the heat to low, and add spice blend, corn, broccoli, cream cheese and yogurt. Mix until combined and cream cheese has melted.
3. **Combine with pasta:** Add pasta, stirring to combine. (Do this in a bowl if pasta can't fit into the large pan).
4. **Bake:** Transfer to a 13x9-inch baking dish. Cover with foil and cook in over until fully warmed (about 15 minutes).

Recipe courtesy of American Heart Association's "Simple Cooking with Heart" recipe database

## Nutrition Information:

Serves 6

Calories per Serving	490
	% Daily Value
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 80 mg	27%
Sodium 460 mg	20%
Total Carbohydrate 68g	25%
Dietary Fiber 11g	39%
Total Sugars 11g	
Includes 0 g added sugar	
Protein 45 g	90%

Not a significant source of vitamin D, calcium, iron or potassium

The % daily Value (DV) 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.

Contains Milk and Wheat



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