



Chicken, Broccoli & Cheese Skillet Meal

Serving Size 1 cup

Yield: 6 servings

Ingredients:

- 2 whole skinless, boneless chicken breasts (1 1/2 pounds)
cut in 1" cubes
- 2 teaspoons vegetable oil
- 1 1/2 cups or more chopped broccoli, fresh or frozen
- 1 can (14 1/2 ounces) low sodium chicken broth
- 1 can (14 1/2 ounces) low sodium cream of chicken soup
- 1 teaspoon pepper
- 2 cloves garlic, or 1/4 teaspoon garlic powder
- 2 cups small shell pasta, uncooked
- 1 cup (4 ounces) cheddar cheese, shredded



Directions:

1. Heat oil in skillet over medium-high heat (350 degrees in an electric skillet). Add chicken and cook until no longer pink, about 2-3 minutes.
2. Add broccoli, broth, soup, salt, pepper, garlic, and pasta. Bring to a boil.
3. Reduce heat to lowest setting, cover, and simmer for 20 minutes, or until pasta is tender.
4. Stir occasionally to prevent sticking.
5. Add more liquid if needed.
6. Add cheese during last two minutes.
7. Refrigerate leftovers within 2 hours.

Notes: Use whole wheat pasta when available.

Nutrition Facts: Calories, 390; Calories from fat, 110; Total fat, 13g; Saturated fat, 5g; Trans fat 0g; Cholesterol, 95mg; Sodium, 520mg; Total Carbohydrate, 32g; Fiber, 2g; Protein, 36 g; Vit. A, 10%; Vit. C, 15%; Calcium, 15%; Iron, 10%.

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