

Chicken

Chicken & Broccoli Alfredo

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Servings: 4

Preparation Time: 10 minutes

Cook time: 20 minutes

1/2 package (16 oz) linguine

1 cup fresh or frozen broccoli florets

2 tablespoons butter

1 pound skinless/ boneless chicken breasts, cut into 1 1/2-inch pieces

1 can (10 3/4 oz) Campbell's condensed cream of mushroom soup

1/2 cup milk

1/2 cup Parmesan cheese, grated

1/4 teaspoon ground black pepper

In a 3-quart saucepan, prepare the linguine according to package directions. Add the broccoli during the last 4 minutes of cooking time. Drain the linguine and broccoli well in a colander.

In a 10-inch skillet over medium-high heat, heat the butter. Add the chicken and cook until well browned, stirring often.

Stir the soup, milk, cheese, black pepper and linguine into the skillet. Cook until the mixture is hot and bubbling.

Serve with additional Parmesan cheese.

Per Serving (excluding unknown items): 155 Calories; 10g Fat (57.7% calories from fat); 7g Protein; 10g Carbohydrate; trace Dietary Fiber; 28mg Cholesterol; 260mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat.