

Chicken

Chicken and Broccoli Alfredo

Dash Magazine

Servings: 4

Preparation Time: 10 minutes

Start to Finish Time: 20 minutes

8 ounces linguini

1 cup fresh or frozen broccoli florets

2 tablespoons butter

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

1 can (10 3/4 oz) cream of mushroom soup

1/2 cup milk

1/2 cup Parmesan cheese, grated

1/4 teaspoon black pepper

Prepare linguini according to package directions in a 3-quart saucepan. Add broccoli during last 4 minutes of cooking time. Drain linguini and broccoli well in a colander.

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

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

Serve with additional Parmesan cheese.

Per Serving (excluding unknown items): 358 Calories; 13g Fat (32.8% calories from fat); 13g Protein; 47g Carbohydrate; 2g Dietary Fiber; 28mg Cholesterol; 522mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 2 Fat.