

One-Pot Garden Chicken and Noodles

New World Pasta Company

2 tablespoons margarine
3/4 pound boneless/ skinless chicken breast, cut into 3/4-inch pieces
1/3 cup onion, finely chopped
1 can (14-1/2 ounce) low-sodium chicken broth
1/2 package (6 ounces) No Yolks broad egg noodles, uncooked
1 package (10 ounce) frozen peas and carrots
1 can (10-3/4 ounce) condensed cream of chicken OR cream of mushroom soup
3/4 cup 2% milk
3/4 cup grated Parmesan cheese, divided
1 jar (4 ounce) chopped pimiento (optional), drained

In a heavy five-quart saucepan over medium heat, melt the butter. Add the chicken and onion. Cook for 5 minutes or until the chicken is no longer pink. Add the chicken broth and heat to boiling.

Stir in the uncooked pasta and peas and carrots, stirring to coat evenly with liquid. Heat to boiling; reduce the heat. Cover and simmer on medium heat for 8 minutes, stirring occasionally, or until most liquid is absorbed.

Meanwhile, in a medium bowl, stir together the soup, milk, 1/2 cup of cheese and the pimientos until smooth. Stir into the pasta mixture. Simmer until heated through.

Serve sprinkled with the remaining cheese.

Per Serving (excluding unknown items): 661 Calories; 48g Fat (59.4% calories from fat); 48g Protein; 26g Carbohydrate; 3g Dietary Fiber; 61mg Cholesterol; 1580mg Sodium. Exchanges: 1/2 Grain(Starch); 5 Lean Meat; 1 Vegetable; 1/2 Non-Fat Milk; 6 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	661	Vitamin B6 (mg):	.3mg
% Calories from Fat:	59.4%	Vitamin B12 (mcg):	2.1mcg
% Calories from Carbohydrates:	14.3%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	26.4%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	48g	Folacin (mcg):	62mcg
Saturated Fat (g):	18g	Niacin (mg):	8mg
Monounsaturated Fat (g):	17g	Caffeine (mg):	0mg
		Alcohol (kcal):	0

Polyunsaturated Fat (g):	7g
Cholesterol (mg):	61mg
Carbohydrate (g):	26g
Dietary Fiber (g):	3g
Protein (g):	48g
Sodium (mg):	1580mg
Potassium (mg):	759mg
Calcium (mg):	1104mg
Iron (mg):	3mg
Zinc (mg):	4mg
Vitamin C (mg):	13mg
Vitamin A (i.u.):	8452IU
Vitamin A (r.e.):	1121 1/2RE

% Daily Values 0 0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	5
Vegetable:	1
Fruit:	0
Non-Fat Milk:	1/2
Fat:	6 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 661 Calories from Fat: 392

% Daily Values*

Total Fat 48g	73%
Saturated Fat 18g	88%
Cholesterol 61mg	20%
Sodium 1580mg	66%
Total Carbohydrates 26g	9%
Dietary Fiber 3g	14%
Protein 48g	
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Vitamin A	169%
Vitamin C	22%
Calcium	110%
Iron	15%

* Percent Daily Values are based on a 2000 calorie diet.