

Chicken

Stove-Top Chicken and Broccoli Casserole

Hilary Meyer - Special to Tribune Media Services
Palm Beach Post

Servings: 6

Start to Finish Time: 40 minutes

Cook time:

8 ounces whole-wheat egg noodles

1 can (14 ounce) reduced-sodium chicken broth

1 pound boneless/ skinless chicken breasts, trimmed and cut into 3/4-inch pieces

1 package (14 to 16-ounce) frozen broccoli florets, thawed and chopped, if desired

1 1/2 cups skim milk

1/2 cup reduced-fat mayonnaise

3 tablespoons all-purpose flour

1 1/2 teaspoons dry mustard

1/2 teaspoon garlic powder

1/4 teaspoon salt

1/4 teaspoon freshly ground pepper

1 1/2 cups Colby Jack or Cheddar cheese, shredded

Place the noodles in a large skillet. Pour the broth over the noodles. Layer the chicken, then the broccoli over the noodles.

In a medium bowl, whisk the milk, mayonnaise, flour, dry mustard, garlic powder, salt and pepper. Pour over the broccoli.

Bring to a simmer over medium-high heat. Reduce the heat to maintain a simmer. Cover and cook, stirring once or twice, until the noodles and chicken are cooked through, 15 to 18 minutes.

Meanwhile, position the oven rack in the upper third of the oven. Preheat the broiler.

When the casserole is done on the stovetop, sprinkle the cheese on the top and broil until lightly browned, about 3 minutes.

Per Serving (excluding unknown items): 91 Calories; 6g Fat (55.6% calories from fat); 3g Protein; 8g Carbohydrate; trace Dietary Fiber; 8mg Cholesterol; 215mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.