

Chicken Broccoli Noodle Casserole

- 1 (10 ounces) package frozen, chopped broccoli
- 2 small chicken breasts
- 1 (8 ounces) package uncooked noodles or rotini
- 1 can Healthy Request® Cream of Celery soup
- 1/2 teaspoon pepper
- 1/4 cup fat free milk
- Nonstick cooking spray
- 1/2 cup corn flakes

Makes 8 portions, 1 cup each

Per portion

Calories:	196
Carbohydrate:	27 grams
Protein:	16 grams
Fat:	2 grams
Saturated fat:	1 gram
Cholesterol:	53 milligrams
Sodium:	213 milligrams
Dietary fiber:	2 grams

1. Preheat oven to 350°.
2. Thaw and drain broccoli.
3. Skin chicken if not using skinless chicken. Bake, boil or microwave chicken and set aside to cool. De-bone chicken if needed and shred.
4. Cook noodles until tender, then drain.
5. Coat 2 quart casserole dish with cooking spray.
6. Mix broccoli, chicken, noodles, soup, pepper, and milk. Put in dish.
7. Crush corn flakes and place on top of casserole.
8. Bake at 350° for 20 minutes.