



Chicken, Broccoli and Cheese Skillet Meal



Ingredients

- 1 pound boneless **chicken breast**, cut into bite-sized pieces
- 2 teaspoons **vegetable oil**
- 1 ¼ cups low-sodium **broth** (chicken or vegetable)
- 1 can (10.5 ounces) condensed **cream of chicken soup**
- 1 teaspoon **pepper**
- ½ teaspoon **garlic powder** or 2 cloves garlic, minced
- 2 cups small shell **pasta**, uncooked
- 2 ½ cups chopped **broccoli** (fresh or frozen)
- 1 cup (4 ounces) shredded **cheddar cheese**

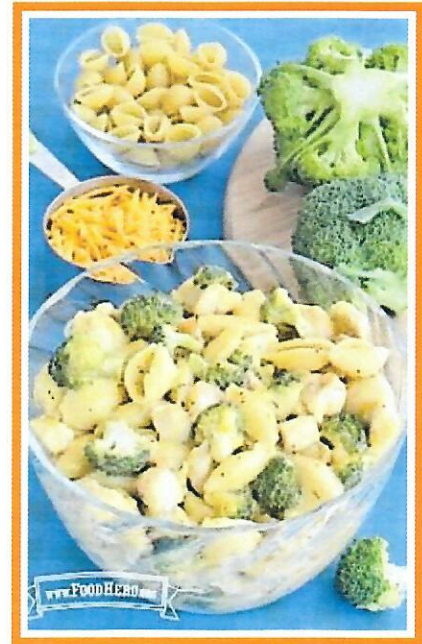
Directions

1. Wash hands with soap and water.
2. In a medium skillet over medium-high heat (350 degrees F in an electric skillet), sauté chicken in oil until lightly browned, about 2 to 3 minutes.
3. Add broth, soup, pepper and garlic to skillet. Stir until smooth. Add pasta and broccoli.
4. Bring to a boil. Cover and reduce heat to low. Simmer until pasta is tender, about 15 to 20 minutes. Add a small amount of water or broth near the end of the cooking time if needed to prevent sticking.
5. Add cheese during last two minutes of cooking.
6. Refrigerate leftovers within 2 hours.

Notes

- Try whole grain pasta for more fiber.
- Try pasta in a different shape, such as spiral or elbow.
- Add other vegetables such as peas, grated carrots or chopped bell peppers.
- Broth can be homemade, canned or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube bouillon.
- In place of chicken, use 1 1/2 cups of white beans (a 15-ounce can, drained and rinsed), another meat, or canned tuna or salmon.
- Best served immediately. Reheated broccoli changes color and might have a less pleasant taste.

Makes: 7 Cups
Prep time: 15 minutes
Cooking time: 30 minutes



Nutrition Facts

7 servings per container	
Serving size	1 cup (236g)
Amount per Serving	
Calories	320
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 470mg	20%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 148mg	10%
Iron 2mg	10%
Potassium 465mg	10%
Vitamin A 86mcg	10%
Vitamin C 1mg	1%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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