

Creamy Chicken Broccoli Casserole



YIELD **6** SERVINGS
Serving Size: 1/6 of recipe

NUTRITION FACTS PER SERVING

Calories:	486	Cholesterol:	80 mg
Carbs:	11 g	Protein:	45 g
Fiber:	11 g	Sodium:	456 mg
Fat:	4.5 g		
Saturated Fat:	1 g		

INGREDIENTS

- 13.25 to 16 oz whole-wheat spiral-shaped pasta, such as rotini or fusilli
- 1 1/2 lbs boneless, skinless chicken breast halves, all visible fat discarded, cut into 1-inch pieces
- 3/4 tsp dried Italian seasoning, crumbled
- 3/4 tsp dried thyme
- 1 15.25-oz can no-salt-added whole-kernel corn, rinsed and drained
- 16 oz frozen whole-kernel corn, thawed
- 16 oz frozen broccoli, thawed
- 8 oz fat-free cream cheese, softened at room temperature
- 1 cup fat-free, plain yogurt

DIRECTIONS

1. Preheat the oven to 350°F. Prepare the pasta using the package directions, omitting the salt. Drain well in a colander. Return the pasta to the pot. Cover and set aside.
2. Meanwhile, in a large skillet, cook the chicken over high heat for 5 minutes, or until no longer pink in the center, stirring frequently. Reduce the heat to low. Stir in the Italian seasoning, corn, broccoli, cream cheese, and yogurt. Cook for 5 minutes, or until the cream cheese has melted.
3. Transfer the chicken mixture to the pot with the cooked pasta, stirring to combine.
4. Transfer the pasta mixture to a 13 x 9 x 2-inch baking dish. Bake, covered with aluminum foil, for 15 minutes, or until heated through.



Jefferson County
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