

CHICKEN BROCCOLI SHELLS & CHEESE

Ingredients:

- 8 oz pasta shells (3 cups dried)
- 2 Tbsp canola oil
- 1 lb boneless, skinless chicken breasts, diced
- 1 (16 oz) bag frozen broccoli florets
- 1/4 cup all-purpose flour
- 1 cup 1% low-fat milk
- 1 cup unsalted chicken broth
- 1 tsp garlic powder
- 1 tsp black pepper
- 2 cups reduced-fat shredded cheddar cheese

Preparation:

1. Prepare pasta according to package directions. Drain & set aside.
2. In a large deep skillet, heat oil over medium-high. Add chicken & cook 5-7 minutes. Add broccoli & cook another 5-7 minutes until chicken is cooked throughout & broccoli is warm.
3. Remove chicken & broccoli from skillet, leaving behind cooking liquid. Set aside.
4. Return skillet to stove, reducing heat to medium. Add flour & stir continuously for 1 minute. Slowly add milk, broth, garlic powder & pepper to skillet. Cook 8-10 minutes or until sauce is thick & bubbly, stirring occasionally. Stir in cheese until melted. Add pasta, chicken & broccoli to skillet. Stir to combine.

30 Min | Serves 8

Nutrition Facts

8 servings per recipe
Serving size (279g)

Amount per serving	
Calories	**340**
	% Daily Value*
Total Fat 11g	**14%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 60mg	**20%**
Sodium 280mg	**12%**
Total Carbohydrate 31g	**11%**
Dietary Fiber 3g	**11%**
Total Sugars 3g	
Includes 0g Added Sugars	**0%**
Protein 28g	
Vitamin D 0mcg	0%
Calcium 330mg	25%
Iron 2mg	10%
Potassium 501mg	10%

* 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.

Are calories & sodium close to a match?

1 for 1 certified

This recipe is 1 for 1 certified & meets a lower sodium standard.

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