

## Chicken and Broccoli Casserole

Serves: 6

### Ingredients

4 oz. dried medium noodles	½ cup skim milk
2 ½ cups of chopped cooked chicken	1 tsp. dried basil, crushed
½ cup shredded Swiss cheese	¼ tsp. pepper Paprika
1 (10 oz.) package frozen/fresh chopped broccoli, thawed	½ cup sliced green onions
1 (10 ¾ oz.) can condensed cream of mushroom soup	

Cook noodles according to package directions.

In a 2-quart casserole, stir together noodles, chicken, broccoli, and green onions.

In a medium mixing bowl, stir together soup, milk, cheese, basil, and pepper. Stir in noodle mixture.

Bake, covered, in a 350 degree oven for 40-45 minutes or until heated through. Sprinkle with Paprika and serve.

Per serving: 290 calories, 11 g total fat, 61 mg cholesterol, 508 mg sodium, 25 g protein, 22 g carbohydrate