



## Cheesy Chicken/Turkey Broccoli Casserole

Servings: 4

Rinse fresh vegetables under running water.

### Ingredients:

- 1 pound fresh or 10-ounce package frozen broccoli
- 1 cup chicken or turkey, cooked (can use canned chicken)
- 1/3 cup cream soup mix with 1¼ cup water stirred in
- 1 cup low-fat cheddar cheese, shredded
- Pasta, brown or white rice or noodles, cooked (optional)



### Directions:

1. Wash hands and surfaces.
2. Cook broccoli until crisp and tender.
3. Dice meat.
4. Cover bottom of casserole dish with cooked broccoli. Cover broccoli with meat and cream soup mix.
5. Sprinkle with grated cheese. Bake at 350 degrees F for 20 to 30 minutes or microwave for 15 minutes, turning once.
6. Serve over cooked pasta or rice, if desired.
7. Refrigerate leftovers immediately.

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### Nutrition Facts

Amount Per Serving

**Calories** 160

Calories from Fat 50

% Daily Value\*

**Total Fat** 6g

**9%**

Saturated Fat 2.5g

**13%**

Trans Fat 0g

**Cholesterol** 40mg

**13%**

**Sodium** 640mg

**27%**

**Total Carbohydrate** 8g

**3%**

Dietary Fiber 3g

**12%**

Sugars 2g

**Protein** 18g

Vitamin A 20%

Vitamin C 80%

Calcium 20%

Iron 6%

### Tips:

- Brown rice: 1 cup brown rice needs 2 cups water for cooking and makes 3 cups of rice. You can also microwave on high for 5 minutes (remember, each microwave is different).
- Bulgur, a nutty, chewy whole-grain can be used instead of rice. To get used to bulgur's flavor, mix a little cooked bulgur into this rice dish. Whole-grain barley can also be used instead of rice.
- Use fresh, local veggies. Go online to find a farmers market at: [agebb.missouri.edu/fmktDir/index.htm](http://agebb.missouri.edu/fmktDir/index.htm) or other Missouri local foods at: [foodcircles.missouri.edu/sources.htm](http://foodcircles.missouri.edu/sources.htm)

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For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

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