



MyPantry
includes grains

Chicken Broccoli Alfredo

(Serves 5)

Ingredients:

- 8 oz. whole wheat spaghetti noodles*
- 1 can (12 ½ oz.) chicken, drained*
- 1 cups chopped broccoli (fresh or frozen)
- 2 tbsp. butter (can substitute with margarine or vegetable oil*)
- ½ cup 1% low-fat milk (UHT)*
- 1 cup low-fat yogurt
- 1 egg yolk
- Salt and pepper to taste
- ¼ cup parmesan cheese
- 1 tsp. garlic powder (optional)

Directions:

1. Whisk together yogurt, milk, egg yolk, salt, and pepper.
2. In small saucepan, melt 2 tbsp. butter or margarine over low heat. Add chicken and cook until browned.
3. Add yogurt/milk/egg mixture and continue cooking over low heat, stirring occasionally.
4. Stir in parmesan cheese.
5. Cook spaghetti according to package directions.
6. Add broccoli for the last 4 minutes of cooking time. Drain spaghetti and broccoli.
7. Add spaghetti and broccoli to mixture and heat through.
8. Serve with additional parmesan cheese.



* Items typically found in food pantries



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Nutrition Facts:

1 Serving

Calories – 400; Total Fat – 14 g;
Saturated Fat – 6 g; Cholesterol – 87
mg; Sodium – 412 mg; Carbohydrate
– 41 g; Dietary Fiber – 3 g; Total
Sugars – 6 g; Protein – 28 g; Vitamin
D – 1 IU; Iron – 3 mg; Calcium – 199
mg; Potassium – 397 mg

MyPlate Food Groups:

-  1 1/2 oz. Grains
-  1/4 cup Vegetables
-  2 oz. Protein
-  1/2 cup Dairy

*Recipe adapted from What's Cooking
USDA Mixing Bowl.*

Nutrition Facts generated from USDA's SuperTracker.



Washington
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