



# HEALTHY WORLD RECIPE

## United States: Chicken & Broccoli Mac-n-Cheese

### Ingredients:

- 2 1/3 cups uncooked whole wheat penne pasta (8oz)
- 1 small red bell pepper, coarsely chopped (about 1 cup)
- 1 bag (24 oz) frozen broccoli with cheese sauce
- 2 cups cubed or cooked chicken
- 1/4 cup fat-free (skim) milk
- 1/8 teaspoon ground red pepper (cayenne)
- 1/3 cup plain bread crumbs
- 3 tablespoons shredded Parmesan cheese
- 1/2 teaspoon Italian seasoning
- 1 tablespoon olive oil

### Preparation:

Heat oven to 375°F. Spray 13x9 inch baking dish with cooking spray. Cook pasta as directed on package—except omit salt and add bell pepper last 3 minutes of cook time. Drain; return to saucepan.

Meanwhile, cook broccoli and cheese sauce as directed on bag. Stir cooked broccoli mixture, chicken, milk and ground red pepper into pasta. Pour into baking dish.

In small bowl, stir together bread crumbs, Parmesan cheese and Italian seasoning; stir in oil, using fork. Sprinkle bread crumb mixture over top of pasta mixture.

Bake 15 to 20 minutes or until top is golden brown and pasta is hot.

Source: Livebetteramerica.com



**Servings:** Makes 6 servings,

**Prep time:** 25 minutes

**Cook time:** 15 minutes

**Nutrition Facts (per serving):**

340 calories, 9g fat, 41g carbohydrates, 24g protein, 6g fiber, 560mg sodium



For more information contact a specialist at **800.932.0034** or email [askthepros@acispecialtybenefits.com](mailto:askthepros@acispecialtybenefits.com)

