



## Cheesy Chicken/Turkey Broccoli Casserole

Servings: 4

Rinse fresh vegetables under running water.

- 1 pound fresh or 10-ounce package frozen broccoli
- 1 cup chicken or turkey, cooked and diced (can use canned chicken)
- $\frac{1}{3}$  cup canned cream of chicken or mushroom soup with  $1\frac{1}{4}$  cup water stirred in
- 1 cup cheddar cheese, shredded
- Pasta, brown or white rice or noodles, cooked (optional)

1. Wash hands and surfaces.
2. Microwave broccoli in a bowl with  $\frac{1}{2}$  cup water for 4-5 minutes, until slightly tender.

3. Cover bottom of casserole dish with cooked broccoli. Cover broccoli with meat and cream soup mix.
4. Sprinkle with shredded cheese. Bake at 350 degrees F for 20 to 30 minutes or microwave for 15 minutes.
5. Serve over cooked pasta or rice, if desired.
6. Refrigerate leftovers immediately.



## Nutrition Facts

4 servings per container

**Serving size** (218g)

Amount per serving

**Calories** **240**

% Daily Value\*

**Total Fat** 12g **15%**

Saturated Fat 6g **30%**

Trans Fat 0g

**Cholesterol** 65mg **22%**

**Sodium** 480mg **21%**

**Total Carbohydrate** 9g **3%**

Dietary Fiber 3g **11%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein** 23g

Vitamin D 0mcg 0%

Calcium 258mg 20%

Iron 1mg 6%

Potassium 400mg 8%

\*The % Daily Value 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.

## Helpful Tips

- Brown rice: 1 cup brown rice needs 2 cups water for cooking and makes 3 cups of rice.
- 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: [seasonalandsimple.info](http://seasonalandsimple.info) or other Missouri local foods at: [showmefood.org](http://showmefood.org)

Funded in part by USDA SNAP.

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

Running out of money for food? Contact your local resource center or go online to [mydss.mo.gov/food-assistance](http://mydss.mo.gov/food-assistance)