

chicken parmesan pasta with corn

Makes 7 servings

INGREDIENTS

1 pt. macaroni, elbow, enriched, uncooked
1-1/2 tsp. butter, salted
5 oz. chicken, cooked, diced
4 oz. milk, 1% low-fat
4 oz. yogurt, low-fat, plain
5 oz. corn, sweet yellow, cooked from frozen
5 oz. peas, green, cooked from frozen
1 Tbsp. + 1 tsp. cheese, parmesan, grated
Pinch salt

INSTRUCTIONS

1. Heat pot of water until it boils. Add pasta to boiling water and cook until pasta is al dente (chewy).
2. Strain pasta and place back into pot. Add butter and stir until melted.
3. Heat chicken to 165° F or higher.
4. Add milk, yogurt, corn, peas, chicken and parmesan cheese. Stir until smooth.
5. Serve 1 cup or hold at 135° F. or higher.

NUTRITIONAL FACTS: PER SERVING

Calories: 229	Calcium: 93.24 mg
Total Fat: 5.30 g	Protein: 14.88 g
Saturated Fat: 2.71 g	Carbohydrates: 30.64 g
Cholesterol: 10.63 mg	Dietary Fiber: 2.89 g
Sodium: 733.44 mg	

