



# Chicken Casserole with Fresh Vegetables and Cream of Mushroom Soup



## Ingredients

- 2 cups uncooked noodles
- 3 1/2 cups of veggies (broccoli, summer squash, carrots, mushrooms)
- 1 cup whole milk
- 2 cloves garlic, minced
- 1 package of chicken (10 oz.) drained and flaked
- 1 cup shredded cheese-your favorite
- 1 can of cream of mushroom soup
- 1/4 cup melted butter
- 3/4 cup bread crumbs
- Salt and pepper to taste
- 1/2 tsp. thyme



## Directions

1. Cook noodles according to package directions; drain and set aside. Let them cool down.
2. While noodles are cooking, dice all your vegetables into 1 inch pieces
3. Combine the mushroom soup with the milk and whisk.
4. Meanwhile, toss bread crumbs with 1/4 cup melted butter; set aside.
5. Mix all remaining ingredients together, then place in casserole dish and top with bread crumbs. Bake, uncovered at 350 degrees for 25-30 minutes or until the mixture is bubbly and bread crumbs are golden.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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# Fast Facts



This Recipe Provides



## Cooking Tips



- Noodles of your choice, veggie or whole-wheat bow-tie, rotini, or egg noodle
- Can substitute low-fat or 2% milk for the whole milk
- Use tuna packed in water not oil
- You can make your own bread crumbs by using a blender or processor to blend up slices of bread
- Variation of ingredients will adjust the nutrition facts

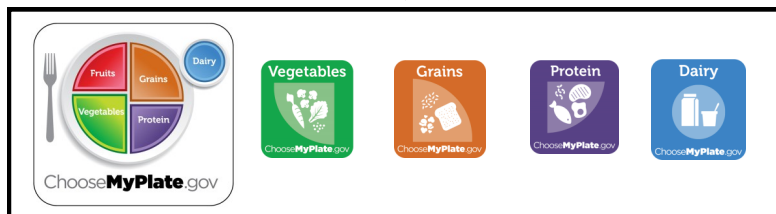
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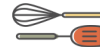
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Nutrition Facts



## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1 1/2 cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>410</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 18g	<b>23%</b>
Saturated Fat 10g	50%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 4g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 440mg	<b>19%</b>
<b>Total Carbohydrate</b> 44g	<b>16%</b>
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 1g Added Sugars	2%
Sugar Alcohol 0g	
<b>Protein</b> 22g	<b>44%</b>
Vitamin D 2mcg	10%
Calcium 281mg	20%
Iron 3mg	15%
Potassium 506mg	10%

\*The % Daily Value (DV) 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.

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