

# 30 Day Gourmet

## Poultry

### Cheesy Chicken & Noodles - Lite

Recipes:	1	2	3	4	5	6
Servings:	6	12	18	24	30	36
Ingredients:						
Noodles	8 oz.	16 oz.	24 oz.	32 oz.	40 oz.	48 oz.
Low fat cottage cheese	1-1/2 C.	3 C.	4-1/2 C.	6 C.	7-1/2 C.	9 C.
Diced celery	1/2 C.	1 C.	1-1/2 C.	2 C.	2-1/2 C.	3 C.
Diced onion	1/2 C.	1 C.	1-1/2 C.	2 C.	2-1/2 C.	3 C.
Diced green pepper (optional)	1/2 C.	1 C.	1-1/2 C.	2 C.	2-1/2 C.	3 C.
Low sodium chicken broth	1-1/2 C.	3 C.	4-1/2 C.	6 C.	7-1/2 C.	9 C.
Cooked, diced chicken breast	2 C.	4 C.	6 C.	8 C.	10 C.	12 C.
Fat free white sauce, chicken flavored	1-1/2 C.	3 C.	4-1/2 C.	6 C.	7-1/2 C.	9 C.
Shredded fat free mozzarella cheese	1 C.	2 C.	3 C.	4 C.	5 C.	6 C.
Grated Parmesan cheese	2 T.	1/4 C.	1/4 C. + 2 T.	1/2 C.	1/2 C. + 2 T.	3/4 C.
Mushrooms, canned	4 oz.	8 oz.	12 oz.	16 oz.	20 oz.	24 oz.
Thyme	1/2 t.	1 t.	1-1/2 t.	2 t.	2-1/2 t.	3 t.
Minced garlic	1/2 t.	1 t.	1-1/2 t.	2 t.	2-1/2 t.	3 t.
Frozen sliced carrots	1 C.	2 C.	3 C.	4 C.	5 C.	6 C.

#### Assembly Directions:

Cook noodles according to package directions but cook for half the time. Drain and rinse with cold water. Place cottage cheese in food processor and process until smooth. Remove cottage cheese from processor and place in a large container. Cook celery, onion and green peppers in chicken broth until vegetables are crisp tender. Add to container with cottage cheese. Add noodles and remaining ingredients and stir until thoroughly mixed.

#### Freezing Directions:

Place the mixture in a one-gallon freezer bag. Seal, label and freeze.

#### Serving Directions:

Spray a 9 by 13-inch pan with cooking spray. Place chicken mixture in pan and cover with aluminum foil. Bake at 350 degrees for 45 minutes to 1 hour or until heated through.

#### Comments:

Even though the fat is reduced in this recipe, this casserole still has a great creamy sauce.

#### Nutritional Info:

Per Serving: 341 Calories; 4g Fat (9.5% calories from fat); 35g Protein; 42g Carbohydrate; 3g Dietary Fiber; 67mg Cholesterol; 719mg Sodium.