Chicken, Broccoli and Pasta Casserole

Ingredients:
1 1/2 cups uncooked rotelle or ziti pasta
1 1/2 cups broccoli florets, cooked, about 1/3 bunch fresh
12 ounces cooked cubed skinless chicken breast
1 tablespoon margarine
2 tablespoons all-purpose flour
3 cups low-fat milk
1 teaspoon dry mustard
1/8 teaspoon ground pepper
6 ounces reduced-fat cheddar cheese, graded

Directions:
1. Preheat oven to 350ºF. Prepare macaroni as directed on the package; drain and transfer to a large bowl. Add broccoli and cooked chicken, mix well. Set aside.
2. In a small saucepan melt margarine over low heat; stir in flour until smooth. Gradually stir in milk, mustard and pepper.
3. Cook, stirring constantly, until thickened and smooth.
4. Stir in half of the cheese; continue to cook over low heat. Stir until cheese melts. Pour sauce over pasta mixture; mix well.
5. Pour mixture into a 1 1/2 quart casserole dish. Sprinkle remaining cheese on top. Bake 25 minutes or until bubbly

Yields about 4 servings

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