Chicken, Broccoli and Pasta Casserole
Makes 4 servings

Ingredients:
1 ½ cups uncooked rotelle or ziti pasta
1 ½ cups broccoli florets, cooked from fresh or frozen
12 ounces cooked cubed skinless boneless chicken breast
1 tablespoon butter
2 tablespoons all-purpose flour
3 cups low-fat milk
1 tablespoon prepared mustard
1/8 teaspoon ground pepper
6 ounces reduced fat cheddar cheese, shredded

Directions:
1. Preheat oven to 350ºF. Prepare pasta 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 butter 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 ½ quart casserole dish. Sprinkle remaining cheese on top. Bake 25 minutes or until bubbly.

Source: Cornell University Cooperative Extension – New York City Nutrition & Health Programs Recipe Collection, 2006