



Prep time: 55 minutes

What you need:

- 1 box whole-wheat penne pasta (14 ounces)
- 3 cups of raw broccoli florettes
- $\frac{3}{4}$ cup of precooked chicken strips (4 ounces)
- $\frac{1}{2}$ cup reduced-fat cheddar cheese, shredded (2 ounces)
- $\frac{1}{2}$ cup mozzarella cheese, shredded (2 ounces)
- 3 tablespoons skim milk (1.5 oz)
- 2 tablespoons low-sodium chicken broth
- $\frac{3}{4}$ teaspoon salt
- $\frac{3}{4}$ teaspoon ground black pepper

Equipment and supplies:

- Pot for cooking pasta and steaming broccoli
- Colander for draining pasta
- 13x9-inch baking dish
- Steamer basket for broccoli
- Measuring cups/spoons
- Mixing bowl
- Spoon
- Skillet
- Oven/stove

What to do:

1. Preheat oven to 350°F.
2. Cook pasta according to directions until crisp-tender. Drain pasta.
3. Place drained pasta in a 13x9 baking dish.
4. Place broccoli in a stockpot of boiling water or a steamer for about 5 minutes.
5. Rinse with cool water.

6. Add the drained broccoli and the precooked chicken strips to the pasta.
7. Sprinkle shredded cheeses over pasta mixture.
8. In a mixing bowl, combine milk, chicken broth, salt, and pepper.
9. Pour milk mixture evenly over the pasta mixture and mix in with a spoon.
10. Cover baking dish with foil.
11. Bake 30 minutes, until mixture is bubbly and cheese is melted.

How much does this recipe make?

Six servings