

3-A-Day of Dairy (DMI-351)

GRILLED CHICKEN CHEDDAR CASSEROLE WITH MUSHROOMS

Recipe created by Chef John Caputo, Bin 36, Chicago, on behalf of 3-A-Day™ of Dairy

Makes 8 servings

Prep time: 15 minutes

Cook time: 40 minutes

Ingredients:

- nonstick cooking spray
- 1 pound penne pasta
- 1 tablespoon butter
- 1 1/2 tablespoons flour
- 2 1/2 cups fat free milk
- 1 tablespoon Dijon mustard
- 1/2 teaspoon hot pepper sauce
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/8 teaspoon ground white pepper
- 3 tablespoons sliced green onion
- 1/2 cup thinly sliced carrots
- 1 1/2 cups (4 ounces) sliced mushrooms
- 1 cup shredded Cheddar cheese
- 4 boneless, skinless chicken breast halves, grilled and sliced
- 2 tablespoons bread crumbs
- 1 tablespoon chopped parsley

Preheat oven to 350 degrees Fahrenheit. Spray a 13x9-inch baking dish with nonstick cooking spray; set aside. Cook and drain pasta according to package directions; keep hot.

Melt butter in a large saucepan over medium heat. Stir in flour and cook 2 minutes, stirring frequently. Whisk in milk, mustard, hot pepper sauce, Worcestershire sauce, salt and pepper. Cook, stirring constantly, about 10 minutes or until sauce thickens. Stir in onion, carrot, mushrooms and Cheddar until cheese is melted. Remove sauce from heat.

Mix pasta into sauce and pour into prepared pan. Arrange sliced grilled chicken over pasta. Mix bread crumbs and parsley together and sprinkle over pasta.

Bake about 25 minutes or until pasta is heated through and edges are bubbling.

Yield: 1 1/2 cups, per serving

Nutrition Facts per serving for main dish recipe

Calories	380
Total Fat	7 g
Saturated Fat	4.5 g
Cholesterol	55 mg
Sodium	390 mg
Calcium	25% Daily Value
Protein	28 g
Carbohydrates	51 g
Dietary Fiber	2 g