

Chicken Recipes

Chicken Macaroni* Serves 4.

1 can (10 3/4 oz.) condensed low-fat cream of mushroom soup, undiluted	1/2 tsp. pepper
1 can (4 oz.) green chilies, chopped	2 cups cooked elbow macaroni
1/2 cup low-sodium chicken broth	1 cup cooked chicken, cubed
1/2 cup onion, finely chopped	1 cup reduced-fat cheddar cheese

1. In a bowl, combine mushroom soup, green chilies, chicken broth, onion and pepper.
2. Gently mix in the macaroni and chicken.
3. Place chicken and pasta casserole in a greased 1-1/2-qt. baking dish; sprinkle with cheese.
4. Bake at 350°F uncovered for approximately 30 minutes or until thoroughly heated.

NUTRITION FACTS (per serving) - Calories 268 ~ fat 8 g ~ calories from fat 70 ~ sodium 420 mg ~ total carbohydrate 31 g ~ fiber 4 g

*Recipe from *Taste of Home's "QUICK COOKING"* magazine, July/August, 2000 ©Reiman Publications,

Chicken Cacciatore Serves 6.

1/2 cup chopped onion	1 tsp. oregano leaves
1/4 cup water	1/2 tsp. garlic powder
1 (14 1/2 oz.) can diced tomatoes	1/8 tsp. black pepper
1 (8 oz.) can tomato sauce	1 broiler/fryer chicken, cut into pieces

1. In a medium saucepan, bring chopped onion and water to a boil and cook until tender.
2. Add canned tomatoes, tomato sauce, oregano, garlic powder and pepper. Simmer 10 minutes.
3. Place chicken pieces in a frying pan and pour tomato mixture over chicken.
4. Cover pan and cook on low heat until chicken is done, about 45 minutes.
5. Uncover and cook 15 minutes more to thicken sauce.

NUTRITION FACTS (per serving *with skin*) - Calories 400 ~ fat 26 g ~ calories from fat 234 ~ sodium 440 mg ~ total carbohydrate 8 g ~ fiber 2 g

NUTRITION FACTS (per serving *without skin*) - Calories 210 ~ fat 5 g ~ calories from fat 45 ~ sodium 440 mg ~ total carbohydrate 8 g ~ fiber 2 g



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