

# Chicken and Corn Bread Stuffing Casserole

## Recipe of the Month February - 2015



Casserole with calcium. Cooking casseroles with milk means more calcium for strong bones and teeth.

**Prep Time:** 15 Min

**Start to Finish:** 30 Min

**Makes:** 4 servings

### INGREDIENTS

1 can (10 3/4 oz.) 98% fat free condensed cream of chicken soup with 45% less sodium  
3/4 cup milk  
2 cups frozen mixed vegetables, thawed, drained  
1 medium onion, finely chopped (1/2 cup)  
1/2 teaspoon ground sage or poultry seasoning  
2 cups cubed **cooked** chicken  
1 1/2 cups corn bread stuffing mix  
1/8 teaspoon pepper  
Paprika, if desired

### DIRECTIONS

1. Heat oven to 400°F. Spray 3-quart casserole with cooking spray. In 3-quart saucepan, heat soup and milk to boiling over high heat, stirring frequently. Stir in mixed vegetables, onion and sage. Heat to boiling, stirring frequently; remove from heat.
2. Stir in chicken and stuffing mix. Spoon into casserole. Sprinkle with pepper and paprika.
3. Bake uncovered about 15 minutes or until hot in center.

**Recipe Provides:** Fats & Oils 2tsp, Grains 1oz-equivalents, Meat & Beans 2oz-equivalents, Vegetables 1/2c

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 Serving	<b>Total Fat:</b>	13 g	<b>Saturated Fat:</b>	3 ½ g
<b>Calories:</b>	350	<b>Calories from Fat:</b>	120	<b>Carbohydrates:</b>	30 g
<b>Cholesterol:</b>	65 mg	<b>Dietary Fiber:</b>	3 g	<b>Sodium:</b>	710 mg
<b>Sugars:</b>	5 g	<b>Protein:</b>	26 g		



Recipe adapted from [www.eatbetterearly.com](http://www.eatbetterearly.com)