

Stovetop Chicken Divan

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 6 servings | Serving Size: 1½ cups

Ingredients

8 ounces whole-wheat egg noodles, uncooked (about 5 cups)

1¾ cups (14 ounces) reduced-sodium chicken broth

1 pound boneless, skinless chicken breasts, cut into ¾-inch pieces

1 (16-ounce) package frozen broccoli florets

1½ cups nonfat (skim) milk

½ cup olive oil mayonnaise

3 tablespoons all-purpose flour

1½ teaspoons dry mustard

1 teaspoon garlic powder

½ teaspoon onion powder

⅛ teaspoon celery seed

½ teaspoon thyme

¼ teaspoon ground black pepper

1½ cups shredded reduced-fat Colby-jack or cheddar cheese

Directions

1. Add the noodles and broth to a large nonstick skillet.
2. Add the chicken and then the broccoli.
3. In a medium bowl, whisk together the milk, mayonnaise, flour, dry mustard, garlic powder, onion powder, celery seed, thyme, and black pepper.
4. Add the milk mixture to the skillet.
5. Set the skillet over medium heat and bring to a simmer.
6. Cover the skillet with a lid. Cook, stirring every 4-5 minutes, until the noodles and broccoli are tender and the chicken is fully cooked, about 10-12 minutes.
7. Sprinkle with the cheese and let sit until melted.
8. Serve warm.

Recipe Notes

- Feel free to substitute your favorite meat for the chicken.
- Try substituting another frozen non-starchy vegetable (e.g. carrots, cauliflower, green beans) for the broccoli.

Nutrition Facts Per Serving: Calories: 400 | Total Fat: 16.5 g | Saturated Fat: 3 g
Sodium: 600 mg | Total Carbohydrate: 28 g | Dietary Fiber: 3.5 g | Protein: 32 g

Adapted from www.eatingwell.com | Submitted by Jessica Long MS, RDN, CD
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