

Chicken Broccoli Skillet

Recipe Type: Main Dish

Serves: 4 Servings

Prep Time: 5 minutes

Cooking Time: 30 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 1/2 C onion, chopped
- 3 C frozen cut broccoli
- 2 C sliced mushrooms
- 8 oz chicken breast
- 8 oz can reduced sodium cream of chicken soup
- 1/3 C dry milk powder
- 1/4 C water
- 1/4 t black pepper
- 1/2 t garlic powder
- 2 C cooked rice

What to do:

1. Wash your hands.
2. Chop the onion and cut the chicken into bite sized pieces.
3. Spray the pan with cooking spray.
4. Cook the chicken and onion for 15 minutes over medium heat.
5. Add the mushrooms and broccoli. Stir and cook for 5 minutes.
6. Mix the cream of chicken soup, dry milk powder, water, black pepper and garlic powder in a bowl.
7. Add the soup mixture to pan and stir until everything is evenly coated.
8. Cook for 10 minutes.
9. Serve over rice.



This is a picture of 1 serving.

Nutrition Facts

Serving Size 1 C

Amount Per Serving

Calories 340 Calories from Fat 90

%Daily Value*

Total Fat 10 g 15%

Saturated Fat 3.5 g 18%

Trans Fat g

Cholesterol 50 mg 17%

Sodium 310 mg 13%

Total Carbohydrate 42 g 14%

Dietary Fiber 5 g 20%

Sugars 7 g

Protein 22 g

Vitamin C 110%

Calcium 20%

* Percent Daily Values are based on a 2,000 calorie diet.

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