



## Chicken Noodle Vegetable Hotdish

Makes 6 servings

### Ingredients

- 8 ounces dry whole grain wide noodles
- 1 cup water
- 1 1/2 cups low-sodium chicken broth
- 1 16-ounce package of frozen mixed vegetables
- 1/2 cup onion, minced
- 2 cups cooked chicken, diced
- 1/2 teaspoon garlic powder
- 1/4 teaspoon freshly ground black pepper
- 1 teaspoon dried parsley
- 1 teaspoon dried ground basil
- 1 1/4 cups (5 ounces) shredded Swiss cheese

### Directions

1. In a 3-quart microwave-safe casserole dish, mix together the noodles, water and broth. Cover with a lid or plastic wrap and microwave on high for 5 minutes or until the noodles are al dente. Stir every minute or two.
2. Mix in the frozen vegetables, onion, chicken, garlic powder, black pepper, parsley and basil. Cover with a lid or plastic wrap and cook for 6 minutes or until the vegetables are tender. Stir every minute or two.
3. Stir in half the cheese and mix well. Sprinkle the rest of the cheese on top of the hotdish. Cook on high, uncovered, for 2 to 3 minutes, until cheese melts. Enjoy!



MAIN DISH



### TIP

Like leftovers? This casserole is even better the next day.

 = low sodium

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nutr-ah-59321 (8/20)

### Nutrition Facts

Serving Size 2 cups hotdish (312g)  
Servings Per Container 6

Amount Per Serving

**Calories 280**    **Calories from Fat 60**

% Daily Value\*

**Total Fat 7g**    **11%**

Saturated Fat 2.5g    **13%**

Trans Fat 0g

**Cholesterol 55mg**    **18%**

**Sodium 125mg**    **5%**

**Total Carbohydrate 35g**    **12%**

Dietary Fiber 6g    **24%**

Sugars 4g

**Protein 26g**

Vitamin A 20%    •    Vitamin C 25%

Calcium 30%    •    Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: Wheat, Milk, Egg (if egg noodles are used)

Carb choices per serving: 2 1/3