

Chicken Tetrazzini

Makes 4 servings

4 oz. whole wheat thin spaghetti (1/3 of a 12 oz. box)
4 oz. mushrooms, fresh, sliced(1/2 of an 8 oz. tray)
1 1/2 C Chicken, cooked, 1/2 " dice
1-10 oz. pkg. frozen mirepoix mix (carrots, celery, onions)
1/2 -12 oz. pkg. frozen cauliflower florets,
2T unsalted butter
2T all purpose flour
1 C skim milk
1/2 C chicken broth
2 t Mrs. Dash table blend
1/2 t dried thyme
2 T cream cheese (33% less fat neufchatel)
1/2 cup shredded parmesan cheese, divided in half



Preheat oven to 400°F. Cook pasta using box directions. Place mushrooms in a nonstick pan and heat on medium-high heat covered, stirring every minute, until they release liquid. Remove cover and continue heating until liquid has evaporated. Combine mushrooms, chicken, and spaghetti in a large bowl. Place cauliflower and mirepoix mix in a microwave safe bowl and heat until thawed and warm throughout. Add vegetables to pasta bowl. In a small pot combine butter and flour over medium-high heat for 2 minutes stirring every 10 seconds. Combine milk, broth, Mrs. Dash, and thyme and add to butter and flour mixture whisking constantly. After mixture thickens, remove from heat, add cream cheese and half the parmesan and stir with a wooden spoon. Add this sauce to the pasta bowl and stir to combine. Place whole mixture in an 8"X8" baking dish. Sprinkle top with remaining parmesan cheese and bake for 15 minutes.

Nutrition information per serving (1/4 of recipe): 410 calories, 14g fat (7 g saturated fat), 38g protein, 34g carbohydrate, 660 mg sodium, 5g dietary fiber. Excellent source of vitamins A, C, and calcium. Good source of iron.

