

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:

- ½ C onion, chopped
- 8 oz chicken breast
- Cooking spray
- 2 C sliced mushrooms
- 3 C frozen cut broccoli
- 1–8 oz can reduced sodium cream of chicken soup
- ⅓ C dry milk powder
- ¼ C water
- ¼ t black pepper
- ½ 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 and enjoy!



This is a picture of 1 serving.

Contains: Milk, Wheat, and Soy

Nutrition Facts

4 servings per container

Serving size 1 Cup (390g)

Amount per serving

Calories 270

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 220mg 10%

Total Carbohydrate 40g 15%

Dietary Fiber 5g 18%

Total Sugars 9g

Includes 0g Added Sugars 0%

Protein 24g

Vitamin D 1mcg 6%

Calcium 221mg 15%

Iron 2mg 10%

Potassium 882mg 20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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