

Studio 5

Friday, February 2, 2007

“Chicken Divan Linguine”

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Dairy Farmers of Utah

Ingredients:

- 6 ounces dry linguine
- 1/2 cup flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon onion powder
- 4 boneless skinless chicken breasts
- 4 tablespoons butter
- 1 cup reduced sodium chicken broth*
- 5-6 cups broccoli flowerets
- 1 can (10.75 oz.) cond. cream chicken soup
- 1 1/4 cups milk
- 1/2 cup lite mayonnaise*
- 1 teaspoon lemon juice
- 1/2 teaspoon curry
- 1 cup reduced fat shredded cheddar cheese*

Method:

Cook linguine according to package directions. Drain and keep warm while chicken is cooking.

Place flour, salt, pepper and onion powder in gallon plastic bag; shake to mix. Cut chicken into bite-size pieces; place in bag with flour mixture. Seal bag and shake to coat chicken with flour.

Over medium heat, melt butter in large skillet which has a lid (or use electric fry pan). Add chicken; brown, stirring as needed, until golden brown. Add 1/4 cup broth, reduce heat to simmer, cover and simmer 5-10 minutes (as needed, stir and add additional broth, 2-4 tablespoons at a time to keep chicken from burning). Arrange broccoli flowerets on chicken; add additional broth as needed (2-4 tablespoons at a time). Cover and simmer 10-15 minutes or until broccoli is desired tenderness. Remove chicken and broccoli to warm serving dishes, cover to keep warm.

Whisk together soup, milk, mayonnaise, lemon juice and curry powder; place in skillet used to cook chicken. Stirring constantly, heat thoroughly; add cheese and heat until melted. Thin to desired consistency with additional milk. To serve, place cooked linguine on plates; arrange with chicken and broccoli on top; spoon cheese sauce over top.

Notes:

* Regular broth, mayonnaise and cheese taste best in this recipe. Fat and sodium have been lowered in recipe by using reduced fat and low sodium products. Recipes serves 8

For nutrition analysis, go to www.dairycouncilutnv.org

| Nutrition Facts | |
|--|------------------------------|
| Serving Size 1/8 | |
| Servings Per Container 8 | |
| Amount Per Serving | |
| Calories 420 | Calories from Fat 160 |
| % Daily Value* | |
| Total Fat 17g | 27% |
| Saturated Fat 7g | 35% |
| Cholesterol 95mg | 32% |
| Sodium 820mg | 34% |
| Total Carbohydrate 26g | 9% |
| Dietary Fiber 2g | 9% |
| Sugars 4g | |
| Protein 38g | |
| Vitamin A 35% | Vitamin C 70% |
| Calcium 20% | Iron 15% |
| *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 | |