

Chicken Tetrazzini

RECIPE BOX

INGREDIENTS

1 POUND WHOLE WHEAT SPAGHETTI,
COOKED AL DENTE
1 PACKAGE BROCCOLI, STEAMED AL
DENTE
1 ROTISSERIE CHICKEN, COOKED,
SHREDDED (I USE THE DRIPPINGS/
BROTH FROM THE CHICKEN AS WELL)
RIOUX MADE WITH 2 T BUTTER, 3 T
FLOUR AND 1 CUP CHICKEN BONE
BROTH
1/2 T BUTTER WITH 2 CELERY RIBS AND
1/3 CUP MUSHROOMS - COOK THE
VEGGIES UNTIL SOFT
1/2 CUP SHREDDED CHEDDAR CHEESE
1/2 CUP MOZZERELLA CHEESE
1/2 CUP MILK

DIRECTIONS

STEP 1: Spread the cooked spaghetti and broccoli in the bottom of a greased 9 x 13 baking dish.

STEP 2: Mix rioux, cheese, salt & pepper and milk.

STEP 3: Top spaghetti and broccoli with half the mix.

STEP 4: Sprinkle the chicken and celery/mushrooms over the top, then top with other half of mix. Cover and bake for 25 min at 350.



Use sweet rice flour instead of regular when making rioux. Use spaghetti squash instead of pasta.



Remove chicken and add veggies of choice.

Nutrition per Serving: Calories 548, Fat 14.9g, Carbs 20.7g, Fiber 3.6g, Sugars 1.9g, Protein 79g

moms into fitness
& nutrition

