



CREAMY BROCCOLI CHICKEN & RICE

- 1/4 cup Italian or Balsamic type salad dressing
- 8 boneless, skinless chicken thighs
- 1 (10 oz/284 mL) can cream of chicken or mushroom soup
- 1 cup milk
- 1 tsp garlic powder
- 2 cups frozen or fresh broccoli
- 1 1/2 cups instant rice, uncooked

- > Heat dressing in a large frying pan or pot. Add chicken; cook 4-5 minutes on each side until browned.
- > Add soup, milk and garlic powder; stir to combine. Bring to a boil.
- > Stir in rice and broccoli; cover and reduce heat to low and simmer for 10 minutes.

Makes 4 servings, 2 chicken thighs and 3/4 cup rice each.

CAL 460, FAT 17 g (SAT 4.0 g), CHOL 110 mg, SODIUM 760 mg, CARB 44 g, FIBRE 4 g, SUGARS 8 g, PROTEIN 31 g, VIT A 15%DV, VIT C 50%DV, CALCIUM 15%DV, IRON 20%DV

tip: This recipe is delicious with a little melted cheese on top.

tip: If you don't have instant rice, just reduce the milk to 1/4 cup and continue recipe as directed. Serve over hot cooked long grain rice or pasta instead.

September Recipes

did you know?

- > If you use canned vegetables, an easy way to reduce the sodium content is to drain and rinse them before eating or using in a recipe.
- > If you have canned fruit in syrup, drain off as much of the syrup as possible to reduce the added sugar. Fruit is naturally sweet so you usually don't need to add extra sugar to enjoy them.

EGG AND PASTA PIE

- 4 eggs
- 1 cup cooked spaghetti (or any leftover, cooked pasta)
- 1 cup vegetables - fresh, frozen or canned
- 1/2 cup canned ham, diced
- 1 tsp oil
- 4 Tbsp. grated cheese (Parmesan, Cheddar or mozzarella all work)

- > Beat eggs in bowl until blended. Stir in spaghetti, ham and vegetables.
- > Heat oil in small frying pan over medium heat. Pour egg mixture into pan.
- > Sprinkle with cheese; cover and let cook 5-6 minutes or until eggs are set.
- > Season with salt and pepper to taste.

Makes 4 servings.

CAL 150, FAT 9 g (SAT 3.0 g), CHOL 200 mg, SODIUM 410 mg, CARB 4 g, FIBRE 1 g, SUGARS 1 g, PROTEIN 12 g, VIT A 20%DV, VIT C 5%DV, CALCIUM 10%DV, IRON 10%DV

tip: Vegetables that work well in this recipe include grated fresh zucchini or chopped broccoli, thawed frozen spinach or peas or drained, canned mushrooms.

tip: Add 1/2 tsp of your favourite dried or fresh herb for added flavour.

