



Chicken Divan

Makes 3 servings, 1 ½ cup each

You will need:

- ¾ cup water
- 1 teaspoon zesty salt-free seasoning
- 1 ½ cups frozen broccoli pieces
- 1 cup instant rice
- 2 Tablespoons light mayonnaise
- 2 Tablespoons plain nonfat yogurt
- ¾ cup shredded yellow cheese made from 2% milk
- 6-9 oz. canned chicken, drained

Steps:

1. In 10" non-stick skillet, heat water until it boils.
2. Add seasoning and broccoli.
3. Cover and cook 1-2 minutes or until water comes to a boil again.
4. Break up any large pieces of broccoli.
5. Add instant rice and stir well.
6. Cover and remove pan from heat and let stand 3 minutes.
7. In small bowl, mix mayonnaise and yogurt and stir well.
8. Add mayonnaise mixture to rice and stir.
9. Add half of cheese and all of the drained chicken. Stir.
10. Top with remaining cheese.
11. Heat on medium for 2-3 minutes until mixture is hot and bubbly and cheese is melted.

Nutrition Facts			
Serving Size 1/3 of recipe 227g (227 g)			
Servings per container 3			
Amount Per Serving			
Calories 337		Calories from Fat 92	
% Daily Value*			
Total Fat 10g			16%
Saturated Fat 3g			15%
Trans Fat			
Cholesterol 38mg			13%
Sodium 349mg			15%
Total Carbohydrate 34g			11%
Dietary Fiber 3g			14%
Sugars 3g			
Protein 27g			
Vitamin A	22%	Vitamin C	62%
Calcium	18%	Iron	19%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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MyPlate:

2-3 oz. protein, ½ cup vegetables, 1 oz. grains, ¾ cup dairy

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