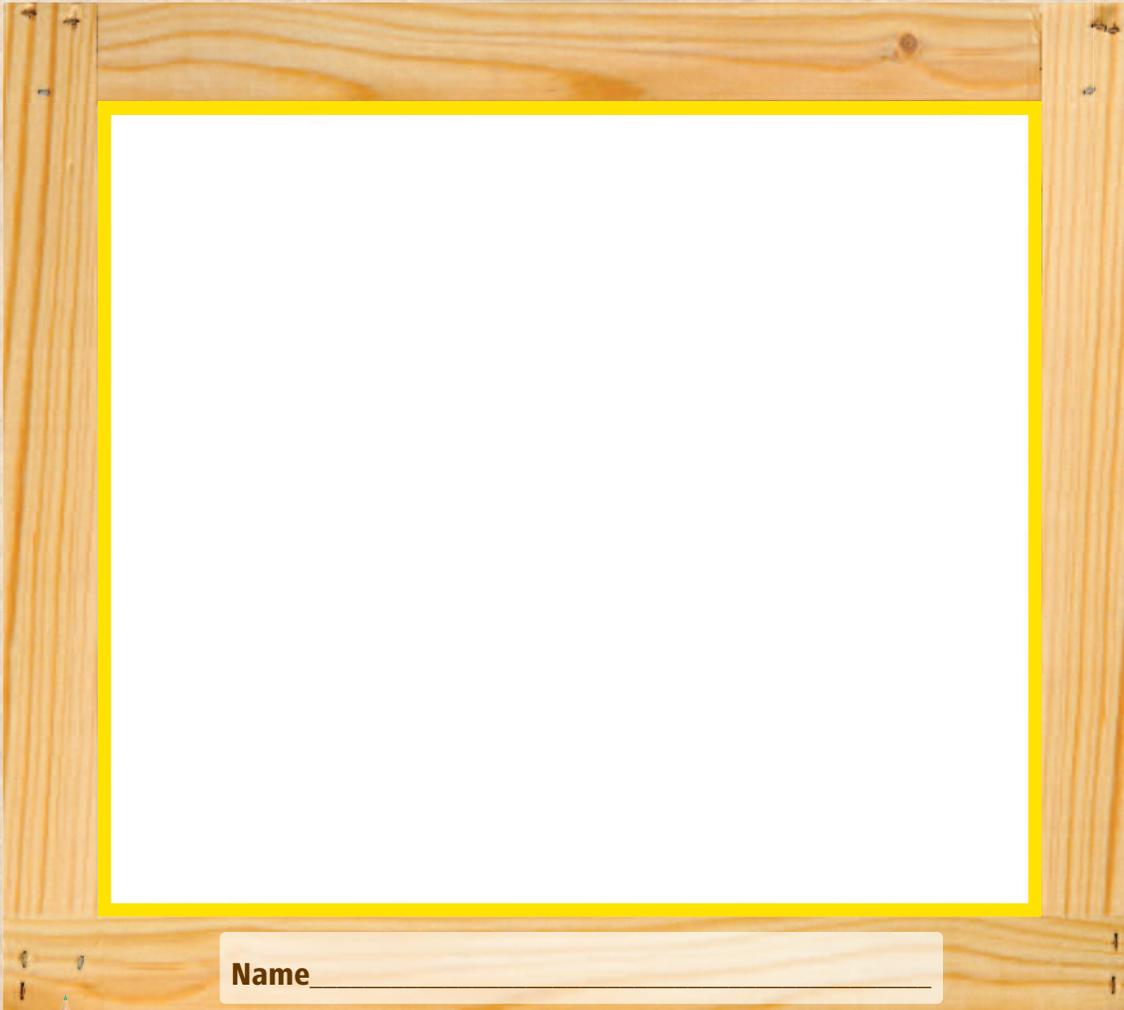
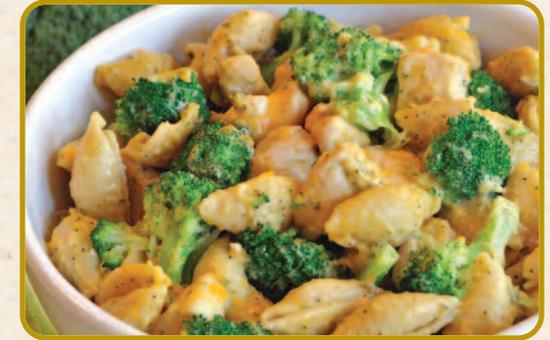


My Food Hero Artwork



Have fun drawing a picture of your favorite fruit, vegetable, or meal—or draw a Food Hero! When you're done, we would love to see your creation! If you want to share it with other kids and families, please email your work to food.hero@oregonstate.edu

Chicken, Broccoli and Cheese Skillet Meal



Ingredients

Makes 7 cups

- 1 pound **boneless skinless chicken breast** (2 - 3 halves)
- 2 teaspoons **oil**
- 1¼ cups **water**
- 1 teaspoon **chicken bouillon**
- 1 can (10.5 ounces) condensed **cream of chicken soup**
- 1 teaspoon **pepper**
- ½ teaspoon **garlic powder** or 2 cloves **garlic**, minced
- 2 cups **small shell pasta**, uncooked
- 2½ cups **broccoli**, chopped (fresh or frozen)
- 4 ounces (1 cup) **cheddar cheese**, shredded

Directions

1. Cut chicken breast into bite-sized pieces. Sauté pieces in oil in a medium skillet over medium-high heat until lightly browned, 2 to 3 minutes.
2. Add water, bouillon, soup, pepper and garlic to skillet. Stir until smooth. Add pasta and broccoli.
3. Bring to a boil; cover; reduce heat to low. Simmer until pasta is tender, 15-20 minutes.
4. Add cheese and serve.
5. Refrigerate leftovers within 2 hours.

Nutrition Facts

Serving Size 1 cup (226g)	
Servings Per Container 7	
Amount Per Serving	
Calories 300	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 560mg	23%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 23g	
Vitamin A 6%	Vitamin C 20%
Calcium 15%	Iron 10%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	