

## Low-Point Chicken and Broccoli Casserole

Ingredients:

- 3 quarts water
- 4 (6 ounce) skinless, boneless chicken breast halves
- 1 (12 to 16 ounce) package frozen broccoli florets
- 1 (12 ounce) can evaporated fat-free milk
- 1/4 cup flour
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. nutmeg
- 1 cup fat-free mayonnaise
- 1/2 cup fat-free sour cream
- 1 tsp. Worcestershire sauce
- 1 (10.75 ounce) can condensed mushroom soup
- 1 cup grated fresh Parmesan cheese, divided

Preheat oven to 400 degrees. Bring water to a boil in a large dutch oven over medium-high heat. Add broccoli and cook 5 minutes or until crisp-tender. Transfer broccoli to a large bowl with a slotted spoon. Cut up chicken into bite-size pieces and add chicken to boiling water; reduce heat, and simmer 15 minutes or until done. Transfer chicken to bowl with broccoli. Combine evaporated milk, flour, salt, pepper, and nutmeg in a saucepan, stirring with a whisk until smooth. Bring to a boil over medium-high heat; cook 1 minute stirring constantly. Remove from heat. Add mayonnaise, sour cream, Worcestershire sauce, mushroom soup, and 1/2 cup parmesan cheese -- stirring until well combined. Add mixture to broccoli and chicken. Stir gently until combined. Spoon mixture into a 13"x9" baking dish coated with cooking spray. Sprinkle with remaining 1/2 cup parmesan cheese and sprinkle top with fresh pepper (optional). Bake at 400 degrees for 50 minutes or until mixture bubbles at the edges and cheese begins to brown.

Total servings = 8

Serving size = 1

Points per serving = 4.9

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))