

# Chicken Parmesan Casserole

- This recipe makes 4 servings, so you can make one casserole for the family, or have dinner already made for the next few nights!
- Whole grain pasta makes a more filling meal and adds fiber to your kid’s daily needs.
- Fortified cereals are a great source of iron!
- Try using the Food Bank’s “Casserole Framework” to build your own custom meal with the ingredients you already have—find it at the link below:
  - Click or type [bit.ly/BuildYourOwnRecipe](https://bit.ly/BuildYourOwnRecipe) into your web browser.

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>(454g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>490</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 340mg	<b>15%</b>
<b>Total Carbohydrate</b> 62g	<b>23%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 42g	
Vitamin D 0mcg	0%
Calcium 173mg	15%
Iron 8mg	45%
Potassium 502mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Chicken Casserole

Servings: 4

Prep Time: 45 Minutes



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## Ingredients:

- 2 (10 oz) cans of chicken, rinsed and drained
- 2 1/4 cups dry elbow pasta, or any small shape pasta
- 3 cups frozen broccoli, thawed and warmed
- 1 (15oz) can unsalted tomato sauce
- 1 tablespoon minced garlic or garlic powder
- 2 tablespoons chopped or dried oregano
- Salt and pepper to taste
- 1/2 cup crushed bran flakes or unsweetened cereal
- 1/2 cup Parmesan Cheese

## Directions:

1. Cook pasta according to package instructions. Grease the baking dish.
2. Preheat oven to 350°F.
3. In a large bowl mix chicken, cooked pasta, broccoli and tomato sauce together. Season as desired with garlic, oregano, salt, and pepper, and mix thoroughly.
4. Add mixed ingredients to a greased 8x8 or 9x9 baking dish, top with crushed bran flakes, cheese, and a layer of foil
5. Bake for 20-25 minutes until heated through and light brown on top.

Recipe Inspired By:

<https://gimmedelicious.com/4-ingredient-chicken-pasta-casserole/>

For more recipes and nutrition resources  
visit [bit.ly/ACFBNutritionResources](https://bit.ly/ACFBNutritionResources)