



WESTERN WISCONSIN HEALTH

CREAMY CHICKEN DIJON OVER NOODLES

- 1 1/2 T. olive oil
- 1 1/2 tsp. minced garlic (2 or 3 cloves)
- 1 1/2 lbs. skinless, boneless chicken breast strips
- 2-7 oz. cans mushrooms, drained
- 1/3 C. Dijon mustard
- 3/4 C. light sour cream or nonfat plain yogurt
- 10 oz. dry egg noodles or other pasta (whole wheat)

Nutrition Facts

Serving Size (275g)
Servings Per Container

Amount Per Serving

Calories 390 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 85mg **28%**

Sodium 700mg **29%**

Total Carbohydrate 44g **15%**

Dietary Fiber 7g **28%**

Sugars 2g

Protein 36g

Vitamin A 2% • Vitamin C 0%

Calcium 8% • Iron 25%

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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Sauté the olive oil, garlic and chicken breasts for 7 to 8 minutes over medium-high heat until chicken is no longer pink. Drain both cans of mushrooms; add them to the chicken and cook for 1 minute. Then add the Dijon mustard and the sour cream to the bubbling chicken and mushrooms and heat only until hot. Add the pasta to boiling water and cook until done, and drain. Serve the chicken over the pasta.

NUTRITION FACTS: Serving size: 4 oz of chicken, 1/4 cup of noodles, 1/4 cup of sauce per serving, 6 servings