



WESTERN WISCONSIN HEALTH

HOT CHICKEN SALAD CASSEROLE WITH CREAM SOUP SUBSTITUTE (GLUTEN FREE)

- 3 C. cubed cooked chicken breast (about 1 lb.)
- 1 C. sliced celery
- 1 C. chopped yellow or red sweet pepper
- 3/4 C. shredded reduced-fat Cheddar or mozzarella cheese (3 oz.)
- 1-10.75 can reduced-fat condensed cream of chicken soup*
- 1-6 oz. carton plain low-fat yogurt
- 1/4 C. sliced green onions
- 1 T. lemon juice
- 1/2 C. crushed corn flakes
- 1/4 C. sliced almonds

Nutrition Facts

Serving Size (223g)
Servings Per Container

Amount Per Serving

Calories 210 **Calories from Fat 60**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 400mg **17%**

Total Carbohydrate 13g **4%**

Dietary Fiber 2g **8%**

Sugars 5g

Protein 25g

Vitamin A 25% • Vitamin C 60%

Calcium 20% • Iron 15%

*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

Preheat oven to 400°. In a large bowl, stir together chicken, celery, sweet pepper, cheese, soup, yogurt, green onions, lemon juice and 1/4 teaspoon black pepper. Transfer to a 2-quart rectangular baking dish. In a small bowl, stir together corn flakes and almonds. Sprinkle evenly over chicken mixture. Bake uncovered 30 minutes or until heated through. Let stand 10 minutes before serving.

*To lower the sodium content, consider substituting the low-sodium condensed cream soup mix recipe for the canned cream of chicken soup in this recipe. This substitution will also make the recipe gluten free.

NUTRITION FACTS: Serving size: 1 cup per serving, 6 servings