

CREAMY CHICKEN SKILLET CASSEROLE

INGREDIENTS

2 cups dry rotini pasta

2 tablespoons olive oil

1 ½ cups onion, diced

3 cups frozen mixed vegetables

1 ¾ cups cooked chicken breast, cubed

2 teaspoons Italian seasoning

2 teaspoons garlic powder

Ground black pepper, to taste

Sauce

*1 cup half & half cream**

½ cup no-salt-added chicken broth

2 tablespoons onion powder

3 tablespoons grated Parmesan cheese

PREPARATION

- 1** Cook the pasta according to package instructions.
- 2** In a large nonstick skillet, heat the oil over medium heat and cook the onion for 7 minutes. Add the frozen vegetables and cook for 5 minutes, stirring occasionally.
- 3** Add the cubed chicken, Italian seasoning, garlic powder, and black pepper. Cook for 5 more minutes, stirring occasionally.
- 4** Meanwhile, in a small saucepan, combine all sauce ingredients and bring to a boil. Set aside.
- 5** Add the cooked pasta to the skillet with the chicken and vegetables. Pour in the sauce and stir to combine. Reheat over medium heat and serve.

* Choose cream without phosphate additives



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Nutrient Analysis

PER SERVING
% of recipe

Renal/Diabetic Exchanges:
2 Meat + 2 Starch + 1 Lower-Potassium Starchy Vegetable

Calories	377 kcal
Protein	24 g
Total Carbohydrate	42 g
Fiber	5 g
Sugars	4 g
Fat	13 g
Saturated	5 g
Cholesterol	56 mg
Sodium	147 mg
Potassium	503 mg
Phosphorus	289 mg
Calcium	120 mg

Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant

PHOSPHORUS CHECK ✓

Fruits and vegetables on a budget

Eating fruits and vegetables every day is a cornerstone of a healthy diet. They can lower blood pressure, provide fiber for digestive health, and reduce your risk for chronic disease. One barrier to eating them daily is availability. When fresh, they are plentiful for a season but can be scarce at other times of the year. Fresh options can also be quite expensive. One possible solution is to buy frozen fruits and vegetables.

It is common to hear that “fresh is best,” but frozen fruits and vegetables are usually frozen at the peak of flavor and freshness and can still provide all the nutrients you need. Another bonus is less food waste. It can be difficult to use all the produce you buy before it spoils. With frozen options, you take only what you need from the freezer and leave the rest for another day, so there is no waste.

Frozen fruit is easy to use—simply thaw and eat. Frozen vegetables can be trickier because they can become mushy when thawed. To avoid this, cook the frozen vegetables quickly at high heat, such as in a stir-fry, or add them to casseroles. Corn, green beans, carrots, and peas work well in these dishes. If choosing broccoli or cauliflower, toss when frozen with olive oil and herbs, then roast at 450 degrees.

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