

## JOANN'S FAMILY CASSEROLE

### Ingredients

- 2 boneless, skinless chicken breast (approx. 4 oz. each)
- 1 can condensed fat-free cream of celery soup
- 1 (14 oz) can artichoke canned in water, drained and diced
- 1 cup 1% cheddar cheese, finely shredded, divided
- ½ small box spaghetti or any left over noodles

Yields: Two ½ cup portions of pasta-free casserole (1" square each)

Calories: 100

Fat: 2.5 g

Protein: 11 g

Carb: 7 g (2 g fiber)

*Joann says not only have you made a delicious dinner for yourself but also for your family.*

*She suggests trying broccoli or mushrooms in place of the artichokes for more variety.*

### Directions

1. Preheat oven to 350-degrees. Spry a 9 x 9 casserole dish with Pam.
2. Boil chicken in water for 30 minutes, remove (do not throw out water) & let cool enough to handle and shred.
3. In a large mixing box, mix together the soup, artichoke and ½ the cheese. Add a little chicken broth to make smoother if needed. You want the mixture about as thick as creamed soup.
4. Cook spaghetti or noodles in water from chicken (if not enough add chicken broth). Drain but don't rinse.
5. Puree 2 oz. of shredded chicken. Using a spoon, mix chicken with ½ cup of soup mixture. Put this in your casserole dish in the corner. This part is for you only.
5. Drop the spaghetti and rest of shredded chicken into the soup mixture; mix well, until coated, turn into casserole dish (try to keep your portion intact).
6. Sprinkle top with remaining cheddar, make sure to cover yours also.
7. Cover with foil and bake for 45 minutes, removing foil for last 5 minutes. Broil for 2-3 minutes on high. The cheese becomes golden brown.
8. Let rest for about 10 minutes, it will be hot. Leftovers freeze well.

## RECIPES



*For eating well after bariatric surgery*



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