

Cook together. Eat together. Talk together.
Make mealtime a family time.

Broccoli Corn Bake

Serves 6

2 tablespoons	Butter
2 tablespoons	Flour
¾ cup	Milk (low fat)
1 cup	Cheddar Cheese
1 can (15 oz)	Corn (drained)
1 pound	Chicken Breast (cooked, diced)
1 package (10 oz)	Frozen Broccoli Cuts (thawed, drained)
	<i>Cereal Topping</i> (recipe on back of card)

1. Preheat oven to 350°F.
2. Melt butter in a saucepan; mix flour with butter until smooth.
3. Add milk; cook over medium heat, stir constantly until mixture boils; then, continue to cook and stir for 1 additional minute.
4. Add cheese and stir until melted; remove from heat. Add corn and chicken; mix well.
5. Place broccoli in bottom of 10"x6"x2" baking dish; pour corn/chicken sauce evenly over broccoli; sprinkle with *cereal topping*.
6. Bake 25 minutes or until thoroughly heated and cereal has browned.

Foods in **bold** are WIC approved

Nutrition Facts

Serving Size 1/6 recipe (262g)
Servings Per Container 6

Amount Per Serving

Calories 240 **Calories from Fat 50**

% Daily Value*

Total Fat 6g **9%**

 Saturated Fat 3g **15%**

Cholesterol 60mg **20%**

Sodium 310mg **13%**

Total Carbohydrate 20g **7%**

 Dietary Fiber 4g **16%**

 Sugars 7g

Protein 27g

Vitamin A 20% • Vitamin C 60%

Calcium 15% • Iron 8%

*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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Cereal Topping:

Combine 1 tablespoon melted butter and 2 cups **Crispy Rice**; mix thoroughly.

Recipe Tips:

- ✦ Substitute chicken with beef, turkey or ham
- ✦ To decrease sodium, use fresh, frozen or low sodium canned corn
- ✦ Instead of frozen broccoli, use fresh broccoli
- ✦ Experiment with different types of cereal in the cereal topping

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-842-1508.