

Chunky Chicken and Noodle Bake



PREPARATION TIME
15 minutes



COOKING TIME
15 minutes



PERFECT PARTNER
rye rolls



Visit the deli counter of the supermarket and purchase a thick 1-pound slice of roasted chicken breast. Often this is a less expensive alternative to buying fresh boneless chicken breasts.

SHOPPING LIST

- chicken
- egg noodles
- Alfredo sauce mix • peas
- fresh chives
- fresh parsley

INGREDIENTS

- 8 ounces egg noodles
- 1 (10-ounce) package frozen peas
- 1 (1.3-ounce) envelope Alfredo sauce mix
- 2 cups cubed cooked chicken
- 1 tablespoon chopped fresh chives
- 2 tablespoons chopped fresh parsley

SERVES **4**

COOKIN' *Express*

• Make a quick week-night dinner with leftovers from this tasty chicken and noodle dish. Place leftovers on slices of whole wheat toast. Sprinkle with some grated Parmesan cheese and you'll have fabulous open-face sandwiches.

Make Ahead

You can prepare the Alfredo sauce, chicken and pea mixture up to 4 hours ahead. Refrigerate until ready to use.

♦ VARIATION

Turkey breast makes a great alternative to the chicken in this recipe.

- 1 Preheat oven to 375°F.
2 Grease a medium baking dish. Cook egg noodles according to package directions; drain. Place in prepared baking dish.



- 2 Cook peas with some boiling water in a small saucepan over high heat, about 3 minutes; drain well. Prepare Alfredo sauce according to package directions.

- 3 Add peas and chicken to sauce; stir to mix well.



- 4 Spoon chicken mixture over noodles. Bake casserole until heated through, about 15 minutes. Sprinkle with chives and parsley.