

Broccoli Corn Bake

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

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

Original recipe by Kellogg's®

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 diet of 2,000 calories. 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