



Featured Recipe

Olson Women's Health Resource Center
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Grilled Chicken Cheddar Casserole with Mushrooms

INGREDIENTS

- Nonstick cooking spray
- 1 pound penne pasta
- 1 tablespoon butter
- 1 ½ tablespoons flour
- 2 ½ cups fat-free milk
- 1 tablespoon Dijon mustard
- ½ teaspoon hot pepper sauce
- 1 teaspoon Worcestershire sauce
- ½ teaspoon salt
- 1/8 teaspoon ground white pepper
- 3 tablespoons sliced green onion
- 1 ½ cups thinly sliced carrots
- 1 ½ cups (4 ounces) sliced mushrooms
- 1 cup shredded Cheddar cheese
- 4 boneless, skinless chicken breast halves, grilled and sliced
- 2 tablespoons bread crumbs
- 1 tablespoon chopped parsley

INSTRUCTIONS

1. Preheat oven to 350 degrees. Spray a 13 x 9 – inch baking dish with nonstick cooking spray; set aside. Cook and drain pasta according to package directions; keep hot.
2. Melt butter in a large saucepan over medium heat. Stir in flour and cook 2 minutes, stirring frequently.
3. Whisk in milk, mustard, hot pepper sauce, Worcestershire sauce, salt and pepper. Cook, stirring constantly, about 10 minutes or until pasta thickens. Stir in onions, carrots, mushrooms and Cheddar until cheese is melted. Remove sauce from heat.
4. Mix pasta into sauce and pour into prepared pan. Arrange sliced grilled chicken over pasta. Mix bread crumbs and parsley together and sprinkle over pasta.
5. Bake about 25 minutes or until pasta is heated through and edges are bubbling.

NUTRITION

Calories: 380; **Total fat:** 7g; **Sodium:** 390 mg; **Servings:** 8; **Prep Time:** 15 minutes; **Total Time:** 40 minutes

Olson Wellness Exchange

Olson Wellness Exchange is a free program in the Omaha area designed to help women incorporate health and wellness into their lives. Join the Olson Wellness Exchange to receive up-to-date information on women's health issues and to learn about companies in Omaha that are working to improve wellness in women. Some benefits of your FREE O.W.E. membership are discounts to Olson Center for Women's Health events, monthly e-mails or mailings with current offerings and promotions from O.W.E. partners, quarterly women's health newsletter on a variety of women's issues, and bi-monthly educational flier on a specific women's health issue. To register, call or visit the Olson Center for Women's Health on the 4th Floor of the Durham Outpatient Center on UNMC's main campus, or register online at www.olsoncenter.com

