

Chicken & Shrimp Pasta Casserole

If you are looking for a nutritious, comforting casserole then look no further. This pasta casserole is a healthier take on a shrimp and chicken pasta dish you would find at an Italian restaurant. Switch out the veggies for whatever you have in your fridge to use them up!

Prep: 20 minutes • Total: 40 minutes

Ingredients:		
Whole wheat pasta	3 cups	750 mL
Olive oil	1 ½ Tbsp	23 mL
Shrimp, frozen	1 cup	250 mL
Chicken, cubed	1 cup	250 mL
Broccoli, diced	1 ½ cups	375 mL
Bell pepper, diced	1½ cups	375 mL
Onions, diced	1 ½ cups	375 mL
Cream cheese, plain	1 Tbsp	15 mL
Milk, 1%	½ cup	125 mL
Tomato sauce	1 cup	250 mL
Parmesan cheese, shredded	¼ cup	60 mL
Mozzarella cheese, shredded	¼ cup	60 mL
Parsley, dried	1 Tbsp	15 mL

Directions:

- 1. Preheat oven to 425F.
- 2. Cook pasta according to package directions, drain and pour into a casserole dish.
- 3. In a heated frying pan, add olive oil and sauté the shrimp, chicken and vegetables until chicken and shrimp are cooked through.
- 4. Add cream cheese and milk to frying pan and let come to a boil.
- 5. Add tomato sauce to frying pan, stir and then pour mixture onto the noodles in the casserole dish.
- 6. Sprinkle the parmesan and mozzarella cheese over the dish.
- 7. Bake casserole in oven for 15 minutes, then broil for a few minutes until the cheese starts bubbling.

Nutri Serving Size Servings Per	(585g)		cts	
Amount Per Ser	ving			
Calories 610) Calo	ries from	Fat 180	
		% D	aily Value*	
Total Fat 20	g		31%	
Saturated	Fat 6g		30%	
Trans Fat	0g			
Cholesterol	155mg		52%	
Sodium 780	mg		33%	
Total Carbo	hydrate	69g	23%	
Dietary Fil	per 9g		36%	
Sugars 11	g			
Protein 44g				
Vitamin A 45	% •	Vitamin	C 250%	
Calcium 30%	•	Iron 25%	ó	
*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 Saturated Fat Cholesterol Sodium Total Carbohydra	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g	80g 25g 300mg 2,400mg 375g	

Fat 9 • Carbohydrate 4 • Protein 4

30g

Dietary Fiber

Calories per gram:

Makes 3 servings (585 g / serving) • 1 serving = ~2.5 cups

Prepared By: Hannah Litchfield

NutritionRx • Email: info@nutritonrx.ca • Phone: (519) 520-9549 • Website: www.nutritionrx.ca