

# Cheddar Chicken & Pasta

## Ingredients:

8 oz uncooked pasta	2 medium carrots, sliced
1 ½ cups water	½ cup frozen corn
1 cup skim milk	8 oz cooked boneless, chopped
1 tsp salt	4 oz sharp Cheddar cheese, shredded
½ tsp dry mustard powder	
2 cups fresh broccoli florets	

## Directions:

Place dry pasta in deep skillet. Add water and milk. Stir in salt and mustard powder. Add broccoli, carrots and corn. Turn heat to medium and cook uncovered, stirring occasionally, until begins to simmer. Do not let boil. When begins to simmer, reduce heat to low. Cook on low, stirring every couple minutes until the liquid is mostly absorbed (about 15-20 minutes). Add cooked chicken and stir until well combined. Cook for another 1-2 minutes. Remove from heat and stir in shredded cheese. Cover pan with a lid until the cheese is melted (about 2-3 minutes). Stir until well combined. Serve warm.

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