

# Chicken Noodle Casserole

## Ingredients

- 3 cups rotini, uncooked
- 1 large boneless skinless chicken breast, cut into cubes
- 1/2 teaspoon italian seasoning
- 1/3 teaspoon garlic salt
- 1/4 teaspoon pepper
- 1-2 tablespoons olive oil
- 2 cup broccoli florets
- 10.5 oz low sodium cream of mushroom soup
- 8 oz sour cream
- 1/2 cup milk
- 2 cups shredded sharp cheddar cheese
- 1 cup shredded regular cheddar

## Steps

1. Preheat oven to 375 degrees F
2. Boil 3 cups rotini and cook 1 min less than package instruction
3. Season cubed chicken
  - 1/2 tsp italian seasoning
  - 1/3 tsp garlic salt
  - 1/4 tsp pepper
4. Heat 1 tbsp olive oil in skillet over medium-high heat. Add chicken and sear, tossing occasionally, for 4 mins
5. Add 2 cup broccoli florets(might need to drizzle some olive oil), cook for additional 3-5 mins. Remove from heat
6. In small bowl combine
  - 10.5 oz low sodium cream of mushroom soup
  - 1/2 cup milk
  - 2 cups sharp cheddar cheese, shredded
  - 8 oz sour cream
  - Cooked chicken
  - Cooked broccoli
7. Drain pasta and combine with casserole ingredients
8. Lightly grease 9"x13" inch casserole dish and add casserole filling. Top with 1 cup regular cheddar cheese (shredded)
9. Cover and bake for 20 mins

10. Remove cover and bake for additional 8 mins.