



## meal ideas #18

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### Chicken & Broccoli Alfredo

Serves 4

1/2 of a 16 oz. pkg. of linguine  
1 cup fresh or frozen broccoli florets  
2 Tbsp butter  
1 lb. skinless boneless chicken breast, cut into 1 1/2 in pieces  
1 can (10 3/4 oz.) Campbell's® Condensed Cream of Mushroom Soup (Regular, 98% Fat Free, 25% Less Sodium or Healthy Request®)  
1/2 cup milk  
1/2 cup grated Parmesan cheese  
1/4 tsp ground black pepper

**prepare** linguini in a 3-quart saucepan per pkg. directions.  
Add broccoli during last 4 minutes of cooking. Drain well in colander.

**heat** butter in a 10-inch skillet over medium-high heat. Add chicken and cook until browned, stirring often.

**stir** soup, milk, cheese, black pepper and linguini mixture in skillet. Cook until hot and bubbling, stirring occasionally. Top with Parmesan cheese.

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### Summertime Tuna Pasta Salad

Serves 6

3/4 cup Miracle Whip Free Dressing  
1 tps dill weed  
1/2 tsp pepper  
2 cups pasta, cooked and drained  
1 cup broccoli florets  
1 cup chopped carrots  
1 cup sliced celery  
1 can (6 oz.) white tuna in water, drained and flaked

**mix** dressing, dill weed and pepper in a large bowl.

**add** pasta, broccoli, carrots, celery and tuna.

**refrigerate** several hours or until chilled.

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