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## ***Baked Chicken Casserole***

- 7 Ounces pasta, penne, 100% whole-wheat
- 2 Tbsp margarine with plant sterols
- 8 Ounces mushrooms, fresh, sliced
- 3 Tbsp flour, all-purpose
- 1 Tbsp mustard, Dijon
- 1 Cup milk, fat-free
- 1/4 Tsp salt
- 4 Ounces chicken, breast, chunk, canned in water
- 1 1/2 Ounces pimento, sliced
- 1/4 Cup cheese, Parmesan, reduced-fat, grated

- 1) Preheat oven to 350 degrees F. Prepare pasta according to package directions.
- 2) While pasta is cooking, melt 1 tablespoon margarine in skillet over medium-high heat. Add mushrooms and saute 2 to 3 minutes. Drain off any liquid and set mushrooms aside.
- 3) Place the remaining margarine in the skillet and melt over medium-low heat. With a wire whisk, stir in flour.
- 4) Gradually add the Dijon mustard, milk, and salt, stirring constantly until mixture boils and thickens. Once thickened, stir in mushrooms and remove from heat.
- 5) When pasta is done, drain well. Return pasta to the pot and add chicken, mushroom mixture, pimentos, and cheese.
- 6) Combine all ingredients together and transfer to a 2-quart casserole dish. Bake for 15 minutes or until heated through. Serve immediately.

Makes 4 Servings