



Chicken 'n Root Veggie Casserole



1/4 of recipe: 342 calories, 6g total fat (1g sat. fat), 947mg sodium, 42.5g carbs, 6g fiber, 9g sugars, 30g protein

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Prep: 10 minutes **Cook:** 45 minutes

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Ingredients

1 1/2 cups [stuffing mix](#) (about half of a 6-oz. box)
3/4 cup low-sodium chicken broth
1 tbsp. light butter
1 tbsp. all-purpose flour
One 10.5-oz. can [98% fat-free cream of mushroom condensed soup](#)
2 cups peeled and chopped butternut squash (about 1/2 a medium squash)
1 cup peeled and chopped carrots (about 2 medium carrots)
1 cup peeled and chopped parsnip (about 1 medium parsnip)
1 tsp. salt-free garlic & herb seasoning mix (like [the kind by Dash](#))
1 lb. raw boneless skinless chicken breast, cut into bite-sized pieces
1/8 tsp. salt
1/8 tsp. black pepper
2 tbsp. sweetened dried cranberries

Directions

Preheat oven to 375°F. Spray an 8" X 8" baking pan with nonstick spray.

In a medium microwave-safe bowl, combine stuffing mix, broth, and butter. Mix well. Cover and microwave for 5 minutes, or until liquid has been absorbed. Using a fork, gently mix until light and fluffy.

In a small bowl, combine flour with 2 tbsp. cold water. Whisk with a fork until completely smooth.

In a large bowl, add soup and flour mixture. Mix thoroughly. Add veggies and season with seasoning mix. Add chicken, and season with salt and pepper. Add cranberries. Stir until well mixed and coated.

Transfer mixture to the baking pan. Top with stuffing mixture.

Bake until chicken is fully cooked and veggies are soft, about 40 minutes.

MAKES 4 SERVINGS

HG Tip: Sodium watchers can skip the salt; opt for no-salt-added and low-sodium products wherever available.

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