

Chicken Tetrazzini



Serves 4

Ingredients:

- Salt and pepper, to taste
- 3 T. butter substitute
- 4 oz. canned sliced mushrooms, drained
- ¼ cup all-purpose flour
- 1 ½ cups milk
- 1 cup reduced-sodium chicken broth
- ¼ cup water
- 1 T. lemon juice
- 1 ½ cup grated Parmesan cheese
- ¼ tsp. dried thyme
- ½ pound linguine, broken in half
- 2 cups cooked chicken, shredded
- 5 oz. (1/2 package) frozen peas, thawed and drained

Directions:

1. Preheat oven to 400 degrees F. Bring a large pot of water to a boil. In a large saucepan, melt 1 T. butter over high heat. Add mushrooms, and season with salt and pepper. Cook, tossing frequently, until tender and browned, 8 to 10 minutes. Transfer to a bowl and set aside.
2. Make sauce: In same saucepan, melt remaining 2 T. butter over medium heat. Add flour; cook, whisking, about 1 minute. Whisking constantly, gradually add milk, broth, water, and lemon juice. Bring to a boil; reduce to a simmer, and add 1 cup Parmesan and thyme. Season with salt and pepper.
3. Cook pasta 2 minutes less than package instructions for al dente; drain and return to pot. Add sauce, chicken, peas and mushrooms. Toss well to combine. Add to 2-quart baking dish; sprinkle with remaining Parmesan. Freeze or bake until browned, about 30 minutes. Let stand 10 minutes before serving.

**To freeze: after placing pasta mixture in baking dishes and sprinkling with Parmesan, cool to room temperature. Cover tightly with aluminum foil, and freeze up to 3 months.

**To bake from frozen: bake, covered with foil, at 400 degrees F, until center is warm, about 2 hours. Uncover, and bake until top is browned, about 20 minutes more. Serve.

**To bake from thawed: thaw overnight in refrigerator. Bake covered with foil at 400 degrees F until center is warm, about 30 minutes. Uncover, and bake until top is browned, about 20 minutes.