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## CHICKEN ALFREDO

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- 1 lb. whole-grain pasta
  - 3 (10.75 oz.) cans low-fat, reduced-sodium condensed cream of chicken soup
  - 2 ¼ cup fat-free half and half
  - ½ teaspoon ground white pepper
  - ¼ teaspoon garlic powder
  - 3 oz. Parmesan cheese, grated
  - 20 oz. cooked diced chicken
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1. Heat water to a rolling boil.
2. Slowly add pasta, stirring constantly, until water boils again. Cook about 8 minutes or until al dente, stir occasionally. Drain well.
3. Combine soup, half and half, pepper, garlic, cheese, and chicken. Cook over medium heat for 5-10 minutes stirring often.
4. Combine noodles and sauce immediately before serving.

Serves 10, 1 cup per serving.

Recipe adapted from *Recipes for Healthy Kids*.

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