

# Foster's Body & Paint

305 East Oak Street, Santa Maria, CA 93454

1-805-922-6191

May, 2010

## Chicken Rotini Bake

### Ingredients:

Prep time: 25 minutes

Ready in: 1 hour & 10 minutes

Makes 6 servings

### Casserole:

- 8 oz. (2/3 cups) uncooked rotini (spiral pasta)
- 3 cups cubes cooked chicken breast
- 1 cup finely chopped celery
- 1/4 cup chopped green onions
- 1 tblsn chopped fresh basil or 1 tspn dried basil leaves
- 1/8 tspn pepper
- 1/2 cup fat free mayonnaise
- 1 cup skim milk
- 1 (8 oz) container nonfat sour cream

### Topping:

- 1/4 cup Progresso Plain Bread Crumbs
- 1/4 cup chopped fresh parsley
- 1 tspn margarine or butter, melted



### Preparations:

- 1.) Cook rotini to desired doneness as directed on package. Drain.
- 2.) Heat oven to 350 degrees. Spray 2 quart casserole with nonstick cooking spray. In large bowl, combine cooked rotini, chicken, celery, onion, basil and pepper. Mix well.
- 3.) In medium bowl, combine mayonnaise, milk and sour cream; blend well. Add to rotini mixture; mix well. Spoon mixture into sprayed casserole.
- 4.) In small bowl, combine all topping ingredients; mix well. Sprinkle over casserole.
- 5.) Bake at 350 degrees for 40 to 45 minutes or until hot and bubbly.

Find this recipe and many more at [Fostersbodyandpaint.com](http://Fostersbodyandpaint.com)