Easy Chicken Tetrazzini Recipe

**SERVINGS: 6**
**INGREDIENTS**
1 T. reduced-calorie margarine
½ c. scallions, chopped (about 5 scallions)
8 oz. button mushrooms, sliced
3 T. all-purpose flour
¼ t. garlic powder
1/8 t. black pepper
1 c. fat-free chicken broth
½ c. fat-free skim milk
½ lb. cooked, boneless, skinless chicken breasts, cubed
¼ c. canned pimentos, drained and sliced (about equal to a 2 oz. jar)
2 T. sherry cooking wine
3 ½ T. grated parmesan cheese
8 oz. uncooked spaghetti, broken into thirds and cooked

**DIRECTIONS**

1. Melt margarine in a large saucepan over medium-high heat. Add scallions and mushrooms and cook until tender, stirring, about 5 minutes
2. Combine flour, garlic powder, pepper, broth, and milk in small bowl. Mix until well blended.
3. Add flour mixture to saucepan. Cook until mixture boils and thicken, stirring constantly, for about 10 minutes.
4. Add chicken, pimentos, and sherry. Cook until thoroughly heated, stirring occasionally, for about 2 minutes.
5. Stir in cheese and cooked spaghetti and toss gently.

**NUTRITIONAL ANALYSIS PER SERVING (about 1 cup)**
Calories: 167
Fat: 3 grams
Protein: 10 grams
Carbohydrate: 25 grams
Cholesterol: 30 mg
Sodium: 175 mg
Sugar: 1.5 grams