

Shopping list for Cheddar Biscuits & Chicken, Broccoli and Pasta Casserole

All-purpose baking flour (used in both recipes)

1 quart nonfat or low-fat milk (used in both recipes)

2 bags of 6 oz. or 1 1lb bag Non-fat or reduced fat shredded Cheddar cheese (used in both recipes)

Garlic powder

Cooking spray

Box of rotelle or ziti pasta

Broccoli-fresh or frozen

12 oz. Boneless chicken breast

Butter

Mustard

Pepper