

Casseroles: Here's a family (and kid) favorite, so creamy you won't believe it's dairy-free!

### Dairy-free Chicken Tetrazinni

1/4 cup butter (dairy-free -I use Nucoa or Earth's Best)  
1/4 cup flour  
1/2 tsp salt  
1/4 tsp pepper  
1 cup chicken broth  
3/4 cup soy milk  
8 oz spaghetti  
1 lb chicken

optional:

1 can mushrooms  
1 box chicken broth

Boil the chicken (I use Swanson's broth, but you can use water) remove with a fork and cube. Then cook the spaghetti in the same water/broth (this gives it more flavor). In a separate pan, melt the butter, then add flour, salt, and pepper and stir over low heat until smooth and bubbly. Stir in 1 cup broth (can dip it out of the pan) and the soy milk. Heat to boiling, stirring often. Boil 1 minute until thick. Stir in the cooked spaghetti and chicken. Add mushrooms and/or peas if your kids will tolerate them. Put in a casserole dish (9x9 square or 13x9) then bake at 350 for 25 minutes.

This can easily be doubled.

This freezes very well.

I often will cook this and freeze it for later then use the leftover broth for chicken and noodles (boil twice the chicken and reserve half, then add egg noodles).

Goes great with applesauce, salad and bread (fresh french bread is usually dairy free).

Hope you enjoy!

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