

# Eat Smart • Move More

## Tarta de Pollo & Brócoli Sin Corteza

Tiempo de Preparación: 10 minutos

Tiempo Total: 55 minutos



### Ingredientes

Aerosol antiadherente para cocinar  
1 taza de queso cottage, reducido en grasa  
5 huevos  
 $\frac{1}{2}$  cucharadita de ajo en polvo  
 $\frac{1}{8}$  cucharadita de pimienta negra molida  
3 muslos de pollo sin piel y deshuesados, cocinados y en tiras  
10 onzas de brócoli picado congelado, descongelado  
 $\frac{1}{3}$  cebolla, picada finamente  
 $\frac{1}{2}$  zanahoria, en tiras  
 $\frac{3}{4}$  taza de queso cheddar reducido en grasa, en tiras

### Nutrition Facts

8 servings per container

**Serving size** 1 serving (147.21g)

**Amount per serving** **Calories** 140

% Daily Value*	
Total Fat	5g 6%
Saturated Fat	2g 10%
Trans Fat	0g
Cholesterol	160mg 53%
Sodium	300mg 13%
Total Carbohydrate	5g 2%
Dietary Fiber	1g 4%
Total Sugars	2g
Includes g of Added Sugars	
Protein	17g
Vitamin D	0mcg 2%
Calcium	125mg 10%
Iron	1mg 6%
Potassium	275mg 6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Consejos Rápidos

- Puede reemplazar el brócoli congelado por su versión fresca.
- Para un sabor diferente, agregue otros vegetales como los tomates, la espinaca, los champiñones, espárragos, calabacitas o pimientos.
- Reemplace el pollo por jamón, tofu o salchicha italiana.

### Follow us | Like us



[www.eatsmartmovemoreva.org](http://www.eatsmartmovemoreva.org)

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)



Virginia Tech • Virginia State University

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

(Receta adaptada de: <https://recipes.sparkpeople.com>.)

[www.eatsmartmovemoreva.org](http://www.eatsmartmovemoreva.org)