

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**Chicken and Broccoli Braid**

**Serves 8**

**This creamy chicken and broccoli pastry delivers both in presentation and taste.**

**Ingredients**

2 cups cubed cooked chicken breast (about 1 pound)  
2 cups chopped fresh broccoli  
1 cup (4 ounces) shredded reduced-fat cheddar cheese  
½ cup chopped red bell pepper  
1 tablespoon fresh dill or 1 teaspoon dried dill  
2 cloves garlic, minced (about 2 teaspoons)  
¼ cup fat-free mayonnaise  
¼ cup plain fat-free Greek yogurt  
2 tubes (8 ounce each) refrigerated reduced-fat crescent rolls  
1 egg, lightly beaten  
1 tablespoon sliced almonds

**Directions:**

1. In a large bowl combine chicken, broccoli, cheddar cheese, red pepper, dill, garlic, mayonnaise and yogurt.
2. Unroll both tubes of crescent dough on to an ungreased baking sheet; press together to form a 15-inch x 12-inch rectangle. Gently press and seal seams together.
3. Spoon filling down the center of the dough lengthwise, leaving 2 inches of dough on the top and bottom, and 3 inches of dough on either end of the long side.
4. On each long side, cut dough toward the center at 1½ inch intervals, forming strips. Bring one strip from each side over the filling; pinch ends to seal. Repeat. Pinch ends of loaf to seal.
5. Brush the loaf with the egg; sprinkle with almonds.
6. Bake 375° for 20-25 minutes or until crust is golden brown and filling is heated through.

**Nutritional Information per Serving:**

Calories: 300	Carbohydrates: 27g
Total Fat: 13g	Cholesterol: 37mg
Saturated Fat: 5g	Dietary Fiber: 1g
Protein: 22g	Sodium: 633mg

Recipe Source: Adapted from [www.tasteofhome.com](http://www.tasteofhome.com)