Chicken (or Turkey) Alfredo Casserole

3 cups bite-size pieces cooked chicken or turkey breast
   from chicken or turkey you have cooked, or
   from roasted or cooked chicken breast you have purchased, or
   frozen cooked chicken tenders, as from Costco, or
   two 12.5 oz. cans cooked chicken breast – drained!

16 ounces whole-grain penne (like Barilla, Bertolli or similar)

16-18 ounces frozen peas and carrots
   one 16 oz. package or 1½ of the 12 oz. size

1 ~10-ounce can condensed cream of mushroom soup
   (healthy or low sodium style)

10-12 oz. of milk; (1¼ -1½ cups or one 10-oz soup-can full)
   or a 12 oz. can of evaporated milk (whole or nonfat is OK)

1 (14-16 ounce) jar Creamy Alfredo sauce (Barilla, Bertolli or similar)

2 cups shredded Italian cheese blend (8 oz. package)
   8oz. package, refrigerated shredded cheese, Kraft or similar

2 cups of Italian seasoned panko crumbs

1. Spray half-steam foil pan with cooking spray.
2. Cook penne in large pot of water to al dente, no salt in water!
3. Whisk together soup and milk in large mixing bowl; whisk in
   Alfredo sauce. Stir in chicken (or turkey) pieces, cooked penne,
   unthawed vegetables, and 1½ cups Italian cheese blend. Pour
   into prepared pan.
4. Mix remaining ½ cup cheese blend with seasoned crumbs and
   sprinkle evenly over casserole.
5. Cover securely with aluminum foil and freeze.
6. Bring your casserole to the freezer in the church kitchen
   whenever it is convenient for you to do so.