

CREAMY MUSHROOM, CHICKEN AND ASPARAGUS BAKE

Preparation: 15 minutes | Cooking: 20 minutes | Servings: 6

INGREDIENTS

2 packages sliced fresh button mushrooms
1 pound fresh asparagus, trimmed and cut into 1-inch pieces
2 ½ cups whole milk
2 cups chopped cooked chicken breast
1 1/2 cups cooked brown rice
1 cup chopped yellow onion
½ cup finely grated parmesan, divided
¼ cup whole-wheat panko breadcrumbs
3 tablespoons all-purpose flour
1 ½ tablespoons extra-virgin olive oil, plus 1 ½ teaspoons, divided
2 teaspoons chopped fresh tarragon
½ teaspoon salt



INSTRUCTIONS

Preheat oven to 375 degrees Fahrenheit. Heat 1 1/2 tablespoons oil in a large cast-iron skillet over medium-high heat. Add mushrooms and onion; cook, stirring often, until the moisture released from the vegetables evaporates and the mushrooms are lightly browned, 9 to 10 minutes. Stir in flour; cook, stirring constantly, for 1 minute. Gradually add milk; cook, stirring constantly, until the liquid thickens, about 2 minutes. Stir in tarragon, salt and 1/4 cup parmesan until melted. Stir in asparagus, rice and chicken. Remove from heat. Toss panko with the remaining 1 1/2 teaspoons oil and 1/4 cup parmesan in a small bowl; sprinkle over the chicken mixture. Bake until the mixture is bubbly and the topping is golden, about 15 minutes.