

CREAMY CHICKEN, BROCCOLI AND QUINOA CASSEROLE

Preparation: 10 minutes | Cooking: 20 minutes | Servings: 4

INGREDIENTS

2 boneless, skinless chicken breasts sliced into strips
1 clove garlic, minced
2 cups fresh broccoli florets
2 cups cooked quinoa
1 cup shredded cheddar
3/4 cup chicken or vegetable stock
3/4 cup milk or half and half
1/2 onion, finely chopped
1/2 cup Greek yogurt
1/4 cup panko breadcrumbs
1 tablespoon unsalted butter
1 tablespoon olive oil

1 tablespoon parsley, chopped
1/4 teaspoon salt
1/4 teaspoon ground black pepper
Salt and pepper to taste



INSTRUCTIONS

Preheat oven to 350 degrees. Grease a 9-inch square casserole dish. Season sliced chicken breasts generously with salt and pepper. Heat olive oil in a large skillet over medium heat. Add chicken breasts, and cook 3 minutes on each side until browned. Set aside. On the same skillet, melt butter over medium heat. Scrape the brown bits off the bottom of the pan. Add onions, and sauté for 1 minute. Add garlic, and sauté for another minute or 2 until onions are soft and translucent. Add in flour; cook for 1 minute until lightly browned. Whisk in the chicken stock and milk. Bring to a boil. Add parsley. Cook for 2 minutes, continuously whisking. Turn heat down to low, add broccoli and simmer, covered, for 3 minutes. Stir in quinoa, chicken, Greek yogurt, 3/4 cup cheese, salt and pepper. Toss to combine. Spread mixture into the casserole dish. Bake for 12 minutes. Sprinkle remaining cheese and panko breadcrumbs on top. Bake 5 minutes until cheese is melted and top is lightly browned.