

CHICKEN AND BROCCOLI CASSEROLE

Preparation: 20 minutes | Cooking: 15 minutes | Servings: 8

INGREDIENTS

1 1/2 pounds boneless, skinless chicken breast, trimmed to bite size pieces
Two 9-ounce packs precooked brown rice
1 small onion, finely chopped
4 cups reduced fat milk
3 cups broccoli florets
1 1/2 cups shredded sharp cheddar cheese
1 cup crispy fried onions
1/3 cup all-purpose flour
2 tablespoons of water
1 tablespoon EVOO
1 teaspoon dry mustard
3/4 teaspoon salt
1.2 teaspoon garlic powder
1/2 teaspoon ground pepper



INSTRUCTIONS

Preheat oven to 400 degrees. In a large oven-safe skillet, heat oil on medium-high heat. Add your chicken and chopped onions; cook, stirring occasionally, until the chicken is no longer pink on the outside, about 7 minutes. Sprinkle flour and cook, stirring occasionally, for 1 minute. Add your milk to the pan and then bring to a boil, stirring frequently. Once boiling, stir for a minute. Remember to be careful stirring as the pan will be full at this point. Meanwhile, place broccoli and water in a microwave on high for 3 minutes or until the broccoli is tender, then drain. Remove the pan from heat and carefully stir in the precooked rice, shredded cheese, dry mustard, garlic powder, salt, pepper and broccoli. Sprinkle with the crispy onions. Bake the casserole until bubbling at the edges, about 10 minutes. Let the pan sit for 5 minutes before serving. Enjoy!