



Photo: Jennifer Causey;

Claire Spollen

Chicken, Broccoli, and Brown Rice Casserole from Cooking Light

Yield: Serves 4 (serving size: about 2 cups)

Ingredients

- 2 (3 1/2-ounce) bags boil-in-bag brown rice
- 1 tablespoon olive oil
- 1 small onion, finely chopped (about 1 cup)
- 8 ounces presliced button mushrooms
- 8 ounces skinless, boneless chicken thighs, cut into bite-sized pieces
- 3/4 teaspoon salt, divided
- 1/4 teaspoon freshly ground black pepper
- 1 (12-ounce) bag microwave-in-bag fresh broccoli florets
- 1 1/2 cups 1% low-fat milk
- 3 tablespoons all-purpose flour
- 3 ounces sharp cheddar cheese, shredded (about 3/4 cup)

Preparation

1. Preheat broiler to high. Cook rice according to package directions; drain.
2. While rice cooks, heat a large 12-inch ovenproof skillet over medium-high heat. Add oil to pan; swirl to coat. Add onion, mushrooms, and chicken; sprinkle with 1/4 teaspoon salt and pepper. Sauté 6 minutes or until chicken and onion are done.
3. Cook broccoli in microwave according to package directions for 3 minutes. Open package to release steam.
4. Combine milk and flour, stirring with a whisk or fork until smooth.
5. Stir milk mixture into chicken mixture in skillet.
6. Cook 2 minutes or until bubbly and thick, stirring frequently.
7. Stir in remaining 1/2 teaspoon salt, rice, and broccoli. Sprinkle with cheese.
8. Broil 1 minute or until cheese melts and just begins to brown.

Nutritional Information

- Calories 462, Fat 15.8 g, Sat fat 6.2 g, Protein 29 g, Carbohydrate 55 g, Fiber 6g

Reasons to make this recipe:

- ✓ Quick, simple, and kid friendly
- ✓ Classic dish with new twists to make it healthier
- ✓ Switched out sodium laden cream of mushroom or chicken soup for milk & flour
 - ✓ Balance of protein, fat and carbohydrates
 - ✓ Mushrooms are a great source of iron
- ✓ Broccoli is packed with vitamin C, folic acid, potassium and fiber
 - ✓ Make a large batch to have leftovers for lunch