

Broccoli Chicken Casserole

Heart Health

Items Needed: Baking dish, fork, knife, cutting board.

Serves: 6

Ingredients:

- 1 lb of chicken
- 1 ¼ cup low sodium vegetable or chicken broth
- ¾ cups minute brown rice
- 2 tbsp parmesan cheese
- 2 cups chopped broccoli (fresh or frozen.)
- 1 tsp dried minced onion
- 1 tsp dried minced garlic
- ½ tsp celery seed
- ½ can of heart forward cream of chicken
- 1 small fresh stack of ritz crackers or a similar variety
- 2 tsp olive oil



Directions:

1. Preheat the oven to 375 degrees. Place chicken in baking dish, pour over the stock and cover the dish with aluminum foil. Bake for 45 minutes or until the chicken pulls apart.
2. When chicken is tender and shreds easily, remove and shred or shred it directly in the pan. Add the cream of chicken, broccoli, rice, 1 tbsp of parmesan and spices to the baking dish and mix everything until evenly combined. Re-cover with aluminum foil and place back in the oven for 25 minutes.
3. While everything is baking, smash up the crackers, the remaining 1 tbsp of parmesan cheese and oil. Mix everything until the oil is worked throughout the crackers.
4. Remove casserole and check rice for doneness. If rice is cooked through top with cracker mixture and place back in the oven for another 5-10 minutes until the crackers are golden.
5. Allow to cool for 5 minutes once removed and enjoy!



Nutrition Information (per 1/6 recipe):

Calories: 247 Fat: 7.9 g Carbs: 15.7 g Protein: 25.9 g Fiber: 1.3 g Sodium: 262.4 mg

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