

## Chicken and Broccoli Casserole

Servings: 8 Time: 1 hour

Ingredients:

- 1 lb. chicken breast cut into bite sized cubes
- 2 Tablespoons olive oil
- 2 cups brown rice, dry
- 6 cups broccoli florets (fresh or frozen)
- 2 cups shredded cheddar cheese
- 1 large can cream of chicken soup (heart healthy)
- ½ cup light mayonnaise
- 2 Tablespoons Italian seasoning
- 2 Tablespoons garlic powder
- 2 Tablespoons onion powder



Directions:

1. Preheat oven to 350 F
2. Add olive oil to frying pan and cook chicken until done, approx. 10 minutes (until temperature reaches 165)
3. Cook brown rice according to box or bag instructions
4. In a large mixing bowl, add chicken, rice, broccoli (it's okay if the broccoli is frozen), 1 cup shredded cheese, and remainder of ingredients. Mix ingredients together and spoon into a baking dish.
5. Top with remaining 1 cup of cheddar cheese.
6. Bake for 45 minutes on 350 F

Nutrition

Calories: 350, Carbohydrates: 23g, Protein: 22g, Sodium: 750 g, Fat: 19g, Saturated fat: 6g, Fiber: 3g