

# Chicken and Broccoli Bake



**GREATER  
CHICAGO**  
-FOOD-  
DEPOSITORY.

Scan for interactive recipe

**Serves:** 8

**Prep:** 10 minutes | **Cook:** 30 minutes

## INGREDIENTS

- 1 cup brown rice, cooked
- 3 cups chicken, cooked and diced
- 1 12-ounce package frozen broccoli, thawed and chopped
- 2 tablespoons butter
- 1/4 cup flour
- 1 can low-sodium chicken broth (14.5 oz)
- 1/4 cup Parmesan cheese
- Cooking spray

## DIRECTIONS

1. Preheat oven to 350°F.
2. In medium bowl, mix rice, chicken, and broccoli.
3. In large saucepan over medium heat, melt butter.
4. Add flour to melted butter and stir. This will be lumpy.
5. Slowly add chicken broth to butter and flour mixture. Stir to remove lumps and until it thickens.
6. Add cheese to broth. Stir.
7. Pour cheese broth into rice mixture. Stir.
8. Prepare baking dish with cooking spray.
9. Put ingredients into baking dish. Bake for 30 minutes.



Nutrition Information	
<i>Serving Size: 1/8 of recipe</i>	
<b>Calories</b>	<b>160</b>
<b>Total fat</b>	<b>5 g</b>
Saturated Fat	2.5 g
Trans fat	0 g
<b>Cholesterol</b>	<b>50 mg</b>
<b>Sodium</b>	<b>230 mg</b>
<b>Carbohydrates</b>	<b>11 g</b>
Fiber	2 g
Sugars	1 g
<b>Protein</b>	<b>17 g</b>

Recipe adapted from: Alabama Cooperative Extension System