

CHICKEN BROCCOLI CASSEROLE



A RECIPE BY BRITTANY PRAY

PREP TIME: 5 MIN COOK TIME: 1 HOUR TOTAL TIME: 1 HR, 5 MIN
SERVINGS: 10

INGREDIENTS

- Olive Oil, 1.5 tbsp
- Minced Garlic, 3 tsp
- Chopped White Onion, 1/2 cup
- Thyme, 1 tsp
- Flour, 2 tbsp
- Low Sodium Chicken Broth - Simple Truth, 2.5 cups
- Broccoli- chopped, 5 cups
- Fage Total 0% Plain Greek Yogurt, 213g
- Chicken Breast - shredded, 24oz.
- Shredded Mexican Cheese, 1.5 cups
- Long Grain and Brown Rice, 12oz
- Salt and pepper, to taste

DIRECTIONS

- Cook your chicken breast. I cooked mine in my Ninja foodi on the pressure cooker setting (you could do the same using an instant pot, bake the chicken, or even just purchase a rotisserie chicken). If using pressure cooker: place the chicken breast in the pressure cooker and add in one cup of water. Set to HIGH pressure for 15 minutes and then natural release of pressure for 5 minutes before quick releasing any remaining pressure. Take the chicken out and shred with a fork.
- While the chicken is cooking, cook your long grain and brown rice according to the instructions on the package and set aside.
- Preheat the oven to 375 degrees.
- In a large cast iron skillet, heat olive oil over medium heat. Add in the garlic and onion and stir, cooking for about 3 minutes.
- Add in the thyme and cook for 1 minute.
- Add in the flour and stir continuously for 1 minute.
- Add in the chicken broth and continue stirring for about 3 minutes, until slightly thickened. Sprinkle on salt and pepper to taste.
- Add in the broccoli, Greek yogurt, chicken, rice, and 1/2 of the cheese - mixing well between each addition.
- Stir until well mixed and then add the remaining 1/2 of the cheese on top.
- Place the skillet in the oven and bake for 24 minutes.

- Enjoy!

NUTRITION: Serving size: 227g

Calories: 355 cal, Carbohydrates: 32g, Proteins: 32g, Fat: 11g

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