



Broccoli Chicken Casserole

Yield: 8 servings

Ingredients

8 ounces whole wheat dried rotini pasta
4 cups broccoli florets
1 teaspoon extra virgin olive oil
½ pound chicken breast, diced
2 cups thinly sliced onion
8 ounces thinly sliced mushrooms
2 teaspoons minced garlic
1½ cups milk (almond, cow's, soy, etc.)
1 teaspoon Dijon mustard
1 teaspoon Italian seasoning
½ teaspoon kosher salt
¼ teaspoon ground black pepper
½ cup low fat shredded cheddar cheese

Instructions

1. Heat oven to 350 degrees.
2. Cook pasta in a large pot of boiling water and cook until al dente per box instructions. In the last 2 minutes of cooking, add broccoli, drain mixture. Set aside in a large bowl.
3. Heat a large nonstick pan over medium heat, add oil and cook chicken until mostly cooked, remove chicken and add to pasta and broccoli, reserving oil in pan.
4. Add the onions to the heated pan and cook until translucent.
5. Add mushrooms and garlic and cook until mushrooms are tender and caramelized.
6. Add milk, mustard, Italian seasoning, salt and pepper. Stir to make a sauce.
7. Add sauce to the pasta mixture, stir and put mixture in a 9x13 baking pan, top with cheese, cover with foil and bake for 15 minutes or until cheese is melted and sauce is bubbly.

Optional Freezer Instructions:

1. Do steps 1-6, assemble the casserole the same way, wrap the casserole with plastic and freeze.
2. Remove plastic, cover with foil and bake for about an hour and a half, or until heated through and cheese is melted.



Nutrition Information

Serving Size: ⅓ of recipe

Calories: 212
Total Fat: 4 g
Saturated Fat: 1.7 g
Monounsaturated Fat: 1 g
Polyunsaturated Fat: .5 g
Protein: 16 g
Total Carbohydrate: 30 g
Dietary Fiber: 4 g
Sugars: 6 g
Sodium: 239 mg

Source: Adapted from Gimme Some Oven



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