



Chicken & Brown Rice Broccoli Bake

Serves 6-8

A derivative of Chicken Divan casserole, our version doesn't use any canned soup, but rather substitutes healthier options including brown rice. This hearty bake is filled with tasty broccoli, chicken, and just the right amount of cheesy goodness!

Ingredients:

1 lb broccoli, cut into bite-sized pieces (about 5 cups)	1/2 cup chicken broth
3 cups cooked chicken, diced (about 2 large breasts)	2 cups milk
3 cups brown rice, cooked	1 teaspoon Dijon mustard
4 tablespoons butter, separated	1 teaspoon Kosher salt
1 medium onion, diced	1/2 teaspoon freshly ground pepper
2 tablespoons flour	1 cup finely shredded Parmesan cheese, divided
1/2 cup dry white wine	1/2 cup Panko bread crumbs

Directions:

1. Preheat the oven to 400 degrees F.
2. Cook the broccoli by boiling for 1-2 minutes, then plunge into an ice water bath to keep the bright green color.
3. In a sauce pan, sauté the onion in 2 tablespoons butter until the onion is translucent. Sprinkle with flour and stir until coated. Add the white wine and bring to a simmer. Add the broth and milk, and stir until the sauce is formed. Add 1/2 cup Parmesan cheese and continue stirring until melted. Season with the mustard, salt, and pepper.
4. Stir the cooked broccoli, chicken, and brown rice into the sauce.
5. Pour into a greased 3 qt or 9" x 13" casserole dish.
6. Melt the remaining 2 tablespoons of butter and mix the Panko bread crumbs with the melted butter.
7. Top the casserole with the remaining 1/2 cup Parmesan cheese and bread crumbs.
8. Bake for 18-20 minutes or until the mixture is bubbling hot and the breadcrumbs have turned golden brown.