

Broccoli, Chicken and Rice Casserole

Servings: 2

Adapted from Cooking Light November 2011

Ingredients

1/2 cup low-fat or fat-free milk
1/4 cup water
1/4 cup brown rice
3/4 cup broccoli florets
1 teaspoon minced garlic
Cooking spray
2 tablespoons chopped onion
2 tablespoons chopped red bell pepper
1/4 cup fat-free cream cheese
1 boneless skinless chicken breast, cooked and shredded
1/8 teaspoon pepper
1/8 cup grated Parmesan cheese

Preparation

- 1) Preheat oven to 375°.
- 2) Combine milk and water in a medium saucepan; bring to a boil. Add rice; cook 10 minutes. Add broccoli; cook 5 minutes. Drain; discard milk mixture.
- 3) Heat a large skillet medium-high heat. Coat pan with cooking spray. Add onion, bell pepper; sauté 5 minutes. Add garlic; sauté 1 more minute. Add cream cheese, stirring until cheese melts.
- 4) Remove from heat; stir in rice, broccoli, chicken, salt, and black pepper.
- 5) Spoon mixture into a casserole dish and top with Parmesan.
- 6) Bake at 375° for 10 minutes or until cheese melts.