

Chicken Broccoli Divan

Ingredients:

- 4 chicken breasts cut into small pieces
- bag of broccoli flowerets, thawed or use 3 cups fresh chopped broccoli
- 1 can Broccoli Cheese soup
- 8oz bag of shredded cheese
- breadcrumbs
- parmesan cheese
- half cup milk (im using the dry instant milk)

1. in wok, cook the chicken until done, im adding 1/3 packet of a taco seasoning packet to the chicken.

2. While chicken is cooking, in a bowl, combine the soup and milk. Put the broccoli into a large bowl, be sure to drain the bag of broccoli before pouring, will have few tablespoons of water in it. Preheat oven to 400. Pour the cooked chicken into the broccoli then add the soup mix and stir to coat. Spray a 2quart baking dish with non-stick spray and then pour chicken mixture into it

3. sprinkle on top about 2-3 tablespoons of bread crumbs followed by about 1/3 cup of parmesan cheese.

4. Now add your favorite shredded cheese. i will be using a Cheddar PepperJack mix for this batch.

5. Bake for 20 minutes.



6. Blamm. look at that.. will be about 5-6 carbs per serving mainly from the soup. Lunch for the week.

Recipe by @mark_lexus on twitter and as seen on my blog → [Low Carb Blog](#)