

# WHAT'S IN SEASON ...



## EASY CHICKEN BROCCOLI CASSEROLE

### INGREDIENTS:

- 3 cups of shredded chicken breast (cooked)
- 16 oz bag of frozen broccoli (cooked)
- 2 cups white rice (cooked)
- 1 can of cream of mushroom soup
- ½ cup regular sour cream
- ½ cup whole milk
- 1 cup of shredded cheddar cheese
- Salt, pepper, and garlic powder (to taste)

### DIRECTIONS:

- Preheat the oven to 350 degrees.
- Mix all ingredients together in a bowl
- Pour into a 9x9 baking dish
- Bake for 25 minutes.

\* Gluten Free: Use gluten free cream of mushroom soup.



### NUTRITIONAL FACTS

4 SERVINGS  
Calories: 415  
Protein: 33 grams  
Carbohydrates: 27 grams  
Fat: 19 grams

### CALORIE CONSIDERATIONS:

- To INCREASE calories: Double the amount of sour cream, whole milk, and cheese (+200 calories per serving).
- To DECREASE calories: Use low-fat cheese, sour cream, and milk (-130 calories per serving).