Recipe of the Month – February 2019

Cheesy Chicken Casserole
Serves 4
Serving Size: 1 ½ Cups
Cost per Serving: $1.22

Ingredients:
1 Tablespoon oil (canola, olive, vegetable)
1 cup onion, diced (1 medium onion)
1 clove garlic, minced
1 ½ cups reduced sodium chicken broth
1 cup instant brown rice, uncooked
2 cups frozen vegetables (broccoli, carrots, corn, mixed vegetables, peas)
2 cups cooked chicken (shredded or cut up)
¾ cup cheddar cheese, shredded

Directions:
3. Reduce heat to low. Cover and cook for 10 minutes.
4. Add chicken and cheese. Stir constantly until chicken is heated through and cheese is melted.

Tips: Use leftover chicken or turkey or cook your favorite way (bake, boil, or grill). Leftovers can be stored in the refrigerator for up to four days.

Nutrition Facts per Serving: 390 Calories, 14g total Fat (5g sat. fat), 80mg. Cholesterol, 420mg Sodium, 32g Carbohydrates, 3g Fiber, 6g Sugar, 32g Protein