

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:

1. Heat oil in a skillet over medium heat. Add onion and garlic. Cook for two minutes.
2. Add chicken broth. Heat to boiling. Stir in rice and frozen vegetables.
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

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2019 Nutrition & Fitness Calendar*



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