

Chicken and Broccoli Casserole

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 42 minutes

Serves: 5

CChints: This recipe was created by a young couple in the family. On a college budget they created this casserole.



5 ounce package of Saffron Yellow Rice like Vigo® brand
2 boneless skinless chicken breasts
1/4 teaspoon salt and dash of pepper
1/4 teaspoon garlic powder
10 ounce boxes of chopped frozen broccoli, thawed
10 ounce box of frozen corn, thawed
1 cloves minced garlic, fresh or from a jar
1/2 teaspoons salt and a dash of pepper
10-3/4 ounce can cream of mushroom soup
10-3/4 ounce can cream of chicken soup
1/3 cup skim milk
1 cups reduce fat shredded cheddar cheese
3 ounce can French Friend Onions by French's®
Serve with a side salad

Cook rice according to package directions.

Preheat oven to 350 degrees. Spray a 8 x 8 pan with cooking spray and line a cookie sheet with edges with foil.

Rinse the chicken and cut off any excess fat. Cut each breast in half and lay on the foil lined pan. Sprinkle each side with the salt, pepper and garlic powder. Bake for 12 minutes or until it is almost done in the center. Wash any surfaces and utensils that came in contact with the raw chicken.

While the chicken cooks, place the broccoli and corn in a microwave safe container. Cook for 2 minutes covered, but leave the cover moved to the side to let the steam escape. Drain off the liquid and add the vegetables to a large mixing bowl. Stir in the cans of soup, milk and cheese.

Take the chicken out of the pan and put on a cutting surface. Let rest for 2 minutes and cut into bite-size pieces. Place in the mixing bowl and pour any chicken juices in as well. The chicken will continue to cook in the casserole stage.

When the rice is done, drain it and add it to the large mixing bowl.

Blend well and pour into the baking dish. Bake for 30 minutes. Sprinkle with the onion rings and bake for 5 minutes until the onion rings are toasted a golden brown.

During this time, make your side salads, set the table and start cleaning up the kitchen.