

CHICKEN AND RICE CASSEROLE



50 STATES 50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

- ★ Avocado oil cooking spray
- ★ 1½ teaspoons avocado oil
- ★ 1 cup diced cremini mushrooms (3⅞ ounces)
- ★ 1 medium yellow onion, 1 cup finely diced, (5¼ ounces)
- ★ ½ medium carrot, ½ cup finely diced, (2⅝ ounces)
- ★ 2 celery stalks, ½ cup finely diced, (2⅞ ounces)
- ★ Freshly cracked black pepper, to taste
- ★ 2 cloves garlic, minced, about 1 tablespoon
- ★ 1 cup instant brown rice
- ★ 1 14.5-ounce can low-sodium chicken broth (1¾ cups)
- ★ 2 ounces reduced-fat cream cheese, room temperature
- ★ 8 ounces boneless, skinless chicken breast, cut into ½-inch-cubes
- ★ 1½ cups broccoli florets (4⅝ ounces)
- ★ ½ cup reduced-fat shredded sharp cheddar cheese
- ★ ¼ cup 2% Greek yogurt
- ★ 2 tablespoons finely sliced chives, to garnish

DIRECTIONS

Preheat the oven to 350 degrees F. Lightly coat an 8x8-inch baking dish with avocado oil spray and set aside. In a large skillet, heat the avocado oil over medium-high until it shimmers. Add the mushrooms, onion, carrot, celery, and pepper to the pan. Cook, stirring often, until the vegetables have softened and are beginning to turn golden, about 8 to 10 minutes. Add the garlic to the pan and cook, stirring, until fragrant, about 30 seconds more. Remove from heat, add the rice to the pan and stir until everything is well combined.

Transfer the mixture to the prepared baking dish and return the skillet to the stovetop. Add the chicken broth to the pan and bring to a simmer. Whisk in the cream cheese, remove from heat, and set aside. Scatter the chicken and broccoli over the rice mixture, then carefully pour the broth mixture over everything.

Cover tightly with foil and transfer to the oven. Bake until the chicken has cooked through and the rice has absorbed most of the liquid, about 30 minutes. Remove the foil, top with the shredded cheese, and return to the oven until the cheese has melted and the remaining liquid has been absorbed, about 10 to 12 minutes more. Remove from the oven and allow to cool slightly, then stir the yogurt through the casserole until creamy and garnish with chives before serving.

Serving Size and Nutritional Information:

Serves 4 (Serving Size = 385g)

350 Calories Per Serving, **15g** Total Fat,
24g Total Carbohydrates, **32g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



Want more recipes? Download more delicious, type 2 diabetes-friendly recipes at [MyType2Transformation.com](https://www.MyType2Transformation.com).



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