

Bethany's Skillet Chicken and Rice Casserole

Makes 5 Servings

Ingredients:

- 1 cup cooked instant brown rice
- 1 (14 ounce) can chicken broth low sodium, reduced fat
- 1 lb boneless skinless chicken breast
- 1/8 tsp salt
- 1/4 tsp ground black pepper
- 3 ounces shredded Swiss cheese reduced fat
- 1/2 light mayonnaise
- 1/4 cup skim milk
- 1 (12 ounce) bag frozen broccoli florets
- 1/3 cup diced roasted red pepper

Directions:

1. Cut chicken into bite size pieces and season with salt and pepper.
2. Heat large nonstick skillet, coated with cooking spray, to medium-high heat.
3. Add chicken, stirring occasionally, until browned and cooked through and through.
4. While the chicken is cooking, prepare rice according to package directions, omitting salt and fat and substituting broth for water.
5. Next, steam broccoli according to direction on bag.
6. After chicken is done, reduce heat to low and mix in the hot, cooked rice.
7. Swiss cheese, mayonnaise, and milk
8. Fold in broccoli and roast red pepper. Enjoy!

Nutrition Facts

5 servings per container	
Serving size	(341g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 350mg	15%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 0mcg	0%
Calcium 211mg	15%
Iron 1mg	6%
Potassium 405mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Family Conversation Starter:

Where would you fly if you had wings?

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