



# K-KITCHEN

MONTHLY RECIPES + NUTRITION COACHING

## Ingredients

- 2 C cooked broccoli
- 2C shredded chicken breast
- 1 cm of chicken soup mix substitute (see below) or 1 can cream of chicken soup
- 1/3C milk
- 1C shredded white cheddar cheese
- 2T chicken grilling spices
- 2T melted butter
- 4T italian seasoned panko bread crumbs

### Cream of Chicken Soup Substitute

- 3T butter
- 1-2T flour
- 1/2C each milk & chicken broth
- salt/pepper to taste

Melt butter over medium heat. Whisk in flour until smooth. Slowly stir in liquids and whisk constantly until thickened, about 10min. Mixture will thicken as it cools. Season to taste with salt/pepper or chicken grilling spices. *Recipe from Buns in my Oven.*

# Chicken Broccoli Bake

## Preparation

1. In a greased pie or casserole dish, layer broccoli then shredded chicken.
2. Mix together milk and canned chicken soup or substitute soup mix. Season with grilling seasonings. Pour over chicken and broccoli. Top with cheese.
3. Mix melted butter with panko crumbs and sprinkle on top.
4. Bake at 425\* for 20-25min uncovered.

## Tips

I highly recommend doing the soup substitute! It's very easy and tastes so much better than the canned glob. Make that first so it can thicken while assembling other ingredients.

Experiment with uncooked broccoli as cooked it adds a lot of water and can create too much liquid.

Use rotisserie chicken breasts for ease and speed. (and usually cheaper, too!)

Easily double this recipe as it probably only feeds 3-4 adults with a salad or other side.

Tastes great with chardonnay!

*Recipe modified from Budget Savvy Diva.*