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Chicken & Broccoli Rice Casserole Supreme

Prep Time: 15 minutes

Cook Time: 10 minutes

Cost per serving: \$0.59

What you need:

Utensils:

- Cutting board & knife
- Large skillet
- Mixing spoon
- Can opener

Ingredients:

- 2 cups cooked chicken, diced
- 1½ cups rice, cooked (brown rice optional)
- 1 onion, chopped
- 1 10.75 ounce can low sodium cream of mushroom soup
- 1 10 ounce package frozen broccoli
- 1 cup reduced-fat cheese, shredded
- Non-stick cooking spray
- Salt and pepper to taste

What to do:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Prepare chicken. Prepare rice according to package directions.
4. In a large skillet, thoroughly coat with non-stick spray and cook onion on medium heat for 2-3 minutes.
5. Add chicken, rice, soup, and broccoli to skillet. Mix thoroughly and heat on high for 5 minutes.
6. Sprinkle cheese on top and serve immediately.

Nutrition Facts

Serving Size 1/6 Casserole	
Servings Per Container 6	
Amount Per Serving	
Calories 230	Calories from Fat 80
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% Daily Value*	
Total Fat 9g	14%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 210mg	9%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 21g	
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Vitamin A 15%	• Vitamin C 45%
Calcium 30%	• Iron 8%