

DINNER

Cheesy Chicken-and-Broccoli-Topped Potatoes

15 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$1.58	389 kcal

Need a dairy free main course? Cheesy Chicken-and-Broccoli-Topped Potatoes could be a tremendous recipe to try. For \$1.58 per serving, this recipe covers 27% of your daily requirements of vitamins and minerals. One portion of this dish contains around 29g of protein, 15g of fat, and a total of 389 c...

Ingredients

- ☐ 1½ pounds baking potatoes (about
- ☐ 2 cups broccoli florets
- ☐ 1 tablespoon all-purpose flour
- ☐ 4 ounces cup diced light processed cheese (such as Velveeta Light)
- ☐ ¾ pound skinned, boned chicken breast, cut into bite-size pieces
- ☐ ¼ teaspoon freshly ground black pepper
- ☐ 2/3 cup fat-free, less-sodium chicken broth
- ☐ 1¼ teaspoons paprika, divided
- ☐ ½ teaspoon salt
- ☐ 1 tablespoon butter or stick margarine

EQUIPMENT Frying pan, Paper towels, Oven, Ziploc bags, Microwave

Method

- 1

Pierce potatoes with a fork; arrange in a circle on paper towels in microwave oven. Microwave at high 16 minutes or until done, rearranging potatoes after 8 minutes.

- 2 Let stand 5 minutes.
- 3 While the potatoes cook, combine the chicken, flour, 1 teaspoon paprika, salt, and pepper in a large zip-top plastic bag; seal and shake to coat.
- 4 Melt butter in a large nonstick skillet over medium-high heat.
- 5 Add the chicken mixture and broccoli; saut for 5 minutes.
- 6 Add broth; bring to a boil, and cook for 3 minutes or until chicken is done.
- 7 Add cheese, stirring just until melted.
- 8 Split potatoes open with fork, and fluff pulp. Spoon chicken mixture evenly over potatoes; sprinkle with 1/4 teaspoon paprika.

Nutrition per serving

389	29 g	15 g	37 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			6.3 g · 40% of daily needs
Fibre			3.7 g · 15% of daily needs
Sugar			2.6 g · 3% of daily needs
Sodium			1,077 mg · 47% of daily needs
Cholesterol			82.8 mg · 28% of daily needs
Vitamin C			51.3 mg · 62% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/cheesy-chicken-and-broccoli-topped-potatoes-142744