



Chicken and Rice Casserole

READY IN



45 min.

SERVINGS



4

CALORIES



341 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black divided
- 1 tablespoon butter
- 8 ounce chicken breast half bone-in
- 2 cups rice long-grain white cooked
- 14 ounce less-sodium chicken broth fat-free canned
- 1.5 tablespoons flour all-purpose
- 1 teaspoon rosemary fresh minced
- 1.5 cups milk 2% reduced-fat
- 1 cup onion chopped

- 2 ounces pecorino romano cheese fresh divided grated
- 0.3 teaspoon salt
- 8 ounce baby squash yellow halved lengthwise thinly sliced
- 8 ounce zucchini halved lengthwise thinly sliced

Equipment

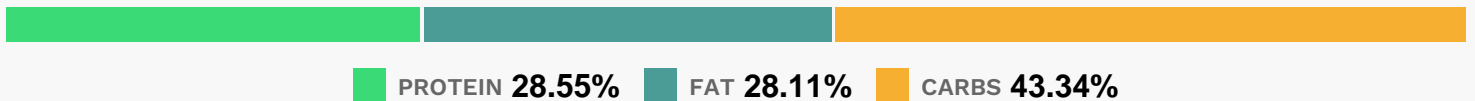
- bowl
- frying pan
- sauce pan
- oven
- whisk
- baking pan
- broiler

Directions

- Preheat oven to 35
- Heat a large saucepan over medium-high heat. Lightly coat pan with cooking spray.
- Add onion to pan; saut 5 minutes, stirring occasionally.
- Sprinkle chicken with 1/4 teaspoon pepper; add chicken, meaty side down, to pan. Cook 6 minutes or until browned; turn chicken over.
- Add broth to pan. Reduce heat, cover, and simmer 15 minutes or until chicken is done.
- Remove chicken from pan, reserving broth in pan.
- Let chicken stand 10 minutes.
- Remove chicken from bones; shred. Discard bones.
- Place chicken in a large bowl.
- Bring broth to a boil; cook, uncovered, until reduced to 1/2 cup (about 10 minutes).
- Add broth mixture to chicken. Melt butter in pan over medium-high heat.
- Add squash to pan; saut 3 minutes or until lightly browned, stirring frequently.

- Add squash mixture, rice, and minced rosemary to the chicken mixture, and toss gently to combine.
- Place flour in a medium saucepan over medium heat. Gradually add milk, stirring until smooth; bring to a boil. Cook 1 minute or until thick, stirring constantly with a whisk.
- Remove from heat; let stand 30 seconds.
- Add 1/4 cup cheese; stir with a whisk until smooth.
- Add remaining 1/4 teaspoon pepper, milk mixture, and salt to chicken mixture; stir to combine. Spoon chicken mixture into a broiler-safe 8-inch ceramic baking dish coated with cooking spray.
- Sprinkle remaining 1/4 cup cheese over rice mixture; bake at 350 for 20 minutes or until thoroughly heated.
- Remove casserole from oven.
- Preheat broiler.
- Broil casserole 5 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:91.75, Glycemic Load:27.05, Inflammation Score:-7, Nutrition Score:19.312173848567%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.49mg, Quercetin: 8.49mg, Quercetin: 8.49mg, Quercetin: 8.49mg

Nutrients (% of daily need)

Calories: 341.12kcal (17.06%), Fat: 10.63g (16.35%), Saturated Fat: 5.82g (36.36%), Carbohydrates: 36.87g (12.29%), Net Carbohydrates: 34.54g (12.56%), Sugar: 9.14g (10.16%), Cholesterol: 65.63mg (21.88%), Sodium: 859.31mg (37.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.29g (48.57%), Selenium: 31.95µg (45.64%), Phosphorus: 412.08mg (41.21%), Vitamin B6: 0.82mg (41.19%), Vitamin B3: 7.62mg (38.12%), Manganese: 0.71mg (35.52%), Calcium: 301.04mg (30.1%), Vitamin C: 23.61mg (28.62%), Vitamin B2: 0.46mg (27.3%), Potassium: 765.6mg (21.87%), Vitamin B5: 1.88mg (18.83%), Magnesium: 65.75mg (16.44%), Vitamin B12: 0.95µg (15.76%),

Folate: 54.02µg (13.5%), Zinc: 1.97mg (13.11%), Vitamin B1: 0.19mg (12.83%), Vitamin A: 483.26IU (9.67%), Fiber: 2.33g (9.32%), Copper: 0.18mg (9.02%), Iron: 1.28mg (7.13%), Vitamin K: 5.56µg (5.3%), Vitamin E: 0.43mg (2.85%)