

Chicken and Broccoli Bake

Serving Size: 1/8 of recipe

Yield: 8 servings

Ingredients:

- 1 cup rice, uncooked
- 1 package broccoli, frozen (10 ounce)
- 3 cups chicken, cooked
- 2 tablespoons margarine (or butter)
- 1/4 cup flour
- 2 cups chicken broth
- 1/4 cup parmesan cheese (optional)

Instructions:

1. Cook rice in 2 cups of water.
2. Let broccoli thaw.
3. Chicken should be off the bone.
4. Melt butter in large sauce pan.
5. Add flour to melted margarine and stir. This will be lumpy.
6. Use broth from chicken you cooked or use canned chicken broth.
Slowly add broth to margarine/flour. Stir to remove lumps and thicken.
7. Add cheese and stir.
8. Add rice, broccoli, and chicken. Stir.
9. Put in a casserole pan and bake at 350 degrees for 30 minutes or until thoroughly heated.

Cost:

Per Serving: \$.95

| Nutrition Facts | | | |
|--|-----------|----------------------|-----------|
| Serving Size 1/8 of recipe (175g) | | | |
| Servings Per Container | | | |
| Amount Per Serving | | | |
| Calories 170 | | Calories from Fat 45 | |
| | | % Daily Value* | |
| Total Fat | 5g | | 8% |
| Saturated Fat | 1g | | 5% |
| Trans Fat | 0.5g | | |
| Cholesterol | 45mg | | 15% |
| Sodium | 460mg | | 19% |
| Total Carbohydrate | 11g | | 4% |
| Dietary Fiber | 1g | | 4% |
| Sugars | 1g | | |
| Protein | 19g | | |
| Vitamin A | 4% | Vitamin C | 25% |
| Calcium | 2% | Iron | 6% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | | |
| | Calories | 2,000 | 2,500 |
| Total Fat | Less Than | 65g | 80g |
| Saturated Fat | Less Than | 20g | 25g |
| Cholesterol | Less Than | 300mg | 300 mg |
| Sodium | Less Than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: | | | |
| | Fat 9 | Carbohydrate 4 | Protein 4 |