

Chicken Broccoli Casserole

Prep Time: 15 minutes

Time: 30 minutes

Servings: 8

Ingredients:

- ~ 2.5 cups whole wheat pasta
- ~ 3 cups vegetable or chicken stock, low sodium
- ~ 2 cups cooked chicken, cubed
- ~ 1lb broccoli, cut into small florets
- ~ 1 cup whole milk
- ~ 2 tablespoons cornstarch
- ~ 2 teaspoons garlic powder
- ~ 1 teaspoon dried oregano
- ~ 1 teaspoon dried basil
- ~ 1/2 teaspoon salt
- ~ Ground pepper, to taste
- ~ 1 cup marbled cheese, shredded
- ~ Cooking spray



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Directions:

1. Preheat oven to 375 degrees Fahrenheit and spray a 9x13 baking dish with cooking spray. Set aside.
2. Cook chicken and steam broccoli.
3. In a large pot, add stock and bring to a boil. Add pasta and cook for 5-6 minutes, stirring occasionally. Do not drain.
4. In a small bowl, whisk together milk and cornstarch and add to the pot with pasta along with garlic powder, oregano, basil, salt, and black pepper. Cook for a few minutes until thickened, stirring once or twice.
5. Turn off the heat and add cooked chicken and broccoli. Stir, transfer to previously prepared baking dish and bake covered for 15 minutes.
6. Sprinkle with cheese, turn off the oven and "bake" until cheese is melted. serve hot.