

Cheesy Chicken and Broccoli Bake

Recipe of the Month December - 2014



Brunch is a breeze when you can make a tasty crowd-sized egg bake. Just follow the easy do-ahead recipe tip.

Prep Time: 20 Min

Start to Finish: 55 Min

Makes: 8 servings

INGREDIENTS

- 1 1/2 cups chopped cooked chicken
- 1 medium onion, chopped (1/2 cup)
- 1/4 cup chopped bell pepper
- 1 box (9 oz.) frozen cut broccoli, partially thawed
- 8 eggs
- 2 cups skim milk
- 1 cup all-purpose flour
- 1/4 cup grated Parmesan cheese
- 3/4 teaspoon salt
- 3/4 teaspoon dried basil leaves
- 1/2 teaspoon pepper
- 1 cup shredded Cheddar cheese (4 oz.)

DIRECTIONS

1. Heat oven to 400°F. Spray 13x9-inch (2-quart) glass baking dish with cooking spray. Sprinkle chicken, onion, bell pepper and broccoli in baking dish.
2. In medium bowl, mix remaining ingredients except Cheddar cheese until smooth; pour over chicken mixture.
3. Bake 20 to 25 minutes or until knife inserted in center comes out clean. Sprinkle with Cheddar cheese. Bake 3 to 5 minutes longer or until cheese is melted. Let stand 5 minutes before serving.

Recipe Provides: Dairy 1/2c, Grains 1oz-equivalents, Meat & Beans 2oz-equivalents, Vegetables 1/4c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	290	Calories from Fat:	120
Total Fat:	13 g	Saturated Fat:	6 g	Trans fat :	0 g
Cholesterol:	230 mg	Sodium:	480 mg	Total Carbohydrate:	19 g
Dietary Fiber:	1 g	Sugars:	5 g	Protein:	23 g



This recipe is adapted from WWW.eatbetterearly.com