



# Red Clay Cook-Off Family Style



## Jasim's Cheesy Chicken Casserole

### Ingredients:

1 TBSP Olive Oil

¼ tsp Pepper

¼ tsp Salt

1 ¼ - 1 ½ lbs Skinless, Boneless Chicken Breast Halves, trimmed of excess fat

2 cups Broccoli (Frozen or steamed fresh; cut into bite size pieces)

1 package Chicken Flavored Rice (*Example: 6.9 oz Rice-a-Roni Chicken Flavored Rice*); Cook rice according to package instructions.

2 cups Part Skim Cheddar Cheese, Separated into two 1-cup portions.

1 10.75 oz can Campbell's Healthy Request Cheddar Cheese Soup; *prepare soup according to instructions on the can.*

### Instructions:

Preheat oven to 350°F. Heat oil in a medium skillet over medium high heat. Season both sides of the chicken breasts with salt and pepper. Place the seasoned chicken in the pan. Cook, turning once, until firm to touch, about 4-5 minutes per side. Chicken does not have to be cooked all the way through at this point, as this dish will continue to bake in the oven. Remove chicken from skillet and let rest on a cutting board for about 3-5 minutes<sup>(1)</sup>. **Optional:** *Eliminate oil; Add seasoned chicken to a baking dish and bake at 350°F for 25-30 minutes.* While chicken is resting, prepare remaining ingredients.<sup>(2)</sup> In Large mixing bowl, add prepared Campbell's Cheddar Cheese Soup mix and with recommended amount of water and stir until incorporated. Cut broccoli<sup>(3)</sup> into bite size pieces and add to mixing bowl.<sup>(4)</sup> Add prepared Chicken Flavored rice and 1 cup Part Skim shredded Cheddar Cheese to mixing bowl.<sup>(5)</sup> Cut chicken into bite size pieces<sup>(1)</sup> and add chicken to mixing bowl. Mix all ingredients together to distribute evenly. Add mixed ingredients to a 13x9 baking dish and top with remaining shredded cheddar cheese. Cover with foil and bake in preheated oven for 25-30 minutes. Remove foil and cook uncovered for an additional 10 minutes. Allow to cool for 15-20 minutes before serving. No more waiting.. The time has finally come to ENJOY!

### **TIPS! Cooking for quality, nutrition and safety**

1. To prevent cross contamination of partially cooked chicken, it is recommended to use a plastic cutting board designated for raw or partially cooked meats only; clean and sanitize cutting board after each use.
2. Prior to cutting any partially or fully cooked meat, allow the meat to rest for about 3-5 minutes so the juices redistribute throughout the meat. If cooked meat is cut prior to resting, the end result can be a dry piece of cooked meat.
3. For this recipe, you can use fresh or frozen broccoli. If using frozen broccoli, partially thaw broccoli to allow for easier cutting if necessary. If using fresh broccoli, steam broccoli prior to adding to the dish.
4. This dish can also be prepared using other vegetables, such as frozen peas; green beans; shaved Brussel sprouts or asparagus, to name a few!
5. Another great addition would be adding 1 cup of pureed butternut squash for added nutrition in disguise! The kids will never know more veggies found their way into the dish, as the orange color will blend right in with the cheddar cheese!