



# Chicken and Rice Casserole

Prep: 20 minutes | Cook: 55 minutes | Total: 1 hour 25 minutes

Yield: 6 servings | Serving Size: 1 cup

## Ingredients

3 cups cooked brown rice  
2 Tablespoons unsalted butter  
1 large onion, diced  
1 cup finely chopped carrots  
1 cup finely chopped celery  
1 Tablespoon garlic, minced  
1 teaspoon salt  
1 teaspoon thyme  
1/2 teaspoon black pepper  
4 cups reduced sodium broth  
4 ounces low fat cream cheese  
1 pound chicken, cut in to cubes  
1 cup frozen broccoli, thawed  
2 cups shredded cheddar cheese

## Directions

1. Preheat oven to 375 degrees. Coat a 9 x 12 baking dish with cooking spray then top with rice.
2. Melt butter in a large skillet over medium heat. Add onion, carrots, celery, garlic, salt, thyme, and pepper. Cook stirring until vegetables are tender, 4-5 minutes. Top rice with vegetable mix.
3. Add broth to skillet and bring to a simmer. Remove from heat and whisk in cream cheese until melted.
4. Place chicken and broccoli on top of vegetables. Pour broth mix over chicken then cover with foil.
5. Bake until chicken is cooked through, about 45 minutes.
6. Remove foil, top with cheese and return to oven until melted, 10 minutes. Let rest uncovered for 10 minutes then serve.

## Recipe Notes

- Brown rice is higher in fiber which helps lower cholesterol, control blood sugars, and maintain a healthy weight.
- Omit salt, reduce cheese to 1 cup and substitute olive oil for butter for a more heart healthy option.

**Nutrition Facts Per Serving:** Calories: 354 | Total Fat: 18 g | Saturated Fat: 10 g  
Sodium: 672 mg | Total Carbohydrate: 30 g | Dietary Fiber: 2 g | Protein: 17 g

Submitted by Meg Green MS, RD, CSP, LD



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# Broccoli and Cheese Soup

Prep: 10 minutes | Cook: 20 minutes | Total: 30 minutes

Yield: 8 servings | Serving Size: 1 cup

## Ingredients

2 Tablespoons butter or olive oil  
1 medium onion, diced  
2 medium carrots, diced  
3 cloves garlic, minced  
1/4 cup all-purpose flour  
3 cups reduced sodium vegetable broth  
2 cups low fat milk  
1 teaspoon Dijon mustard  
2 cups cheddar cheese  
4 cups chopped broccoli  
1 teaspoon salt  
1/2 teaspoon black pepper

## Directions

1. Melt butter in a large stock pot over medium heat. Add onion, carrots and sauté for 5 minute, until the onion is translucent. Stir in garlic and cook for 1-2 minutes. Then add flour and sauté for 1 minute, stirring occasionally.
2. Add broth until it is evenly combined. Stir in the milk, mustard, salt and pepper until combined. Continue cooking until the soup, stirring occasionally, until it reaches a simmer.
3. Reduce heat and add broccoli and cheese. Then stir soup until combined and broccoli reaches desired tenderness, 4 minutes. Serve immediately.

## Recipe Notes

- Broccoli is a superfood loaded with Vitamin K, Vitamin C, folate, potassium, antioxidants and fiber. It is low in carbohydrate, contributes to building strong immunity, plays a role in heart health and improves digestion.
- Omit salt, reduce cheese to 1 cup and use substitute olive oil for butter for a more heart healthy option.

**Nutrition Facts Per Serving:** Calories: 191 | Total Fat: 13 g | Saturated Fat: 8 g  
Sodium: 633 mg | Total Carbohydrate: 11g | Dietary Fiber: 2 g | Protein: 10 g

Submitted by Meg Green MS, RD, CSP, LD  
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