

Chicken Divan

CALORIES CARBS FAT PROTEIN

388.95 19.82 16.3 39.4

INGREDIENTS

1.5 pounds Broccoli , 0.25 cup Dry sherry , 1 cup Fat-free chicken broth , 0.25 cup Flour , 2 cloves Garlic , 1 cup Nonfat milk , 2.5 teaspoons Olive oil , 0.25 cup Parmesan , 6 servings Salt and pepper , 0.25 cup Seasoned bread crumbs , 2 tablespoons Shallot , 24 ounces Skinless boneless chicken breasts , 6 ounces Swiss cheese , 1 tablespoon Unsalted butter

FACTS

Bring a large pot of water to a boil. Add broccoli and blanch 3 minutes. Drain and rinse with cold water to stop cooking. Preheat oven to 350F. Mist a 9-by-13-inch baking dish with cooking spray. Season chicken with salt and pepper. Mist a large skillet or grill pan with cooking spray; place over medium-low heat. Cook chicken, turning once, until browned and almost cooked through, about 10minutes. Remove from heat; transfer chicken to a cutting board. When cool, slice chicken into bite-size pieces. Warm a medium skillet over medium heat. Add butter and 2 tsp. oil; heat until butter has melted. Add garlic and shallots and saut until tender, about 3 minutes. Sprinkle flour over mixture and whisk until incorporated. Stir in broth, milk and sherry and bring to a boil. Remove from heat and stir in half of Swiss cheese. Season with salt and pepper. Arrange broccoli in baking dish and pour half of sauce on top. Arrange chicken on top and cover with remaining sauce. Sprinkle with remaining Swiss cheese and Parmesan; top with bread crumbs. Drizzle with 1/2tsp. olive oil. Bake for 30minutes or until browned on top; serve hot.