

One Pot Chicken, Broccoli and Rice Casserole

from kristineskitchenblog.com

This healthy One Pot Chicken, Broccoli and Rice Casserole is made all in one skillet in just 30 minutes. Your family will love this easy dinner recipe!

Prep Time	Cook Time	Total Time
15 mins	15 mins	30 mins

Servings: 4 generous or 6 smaller servings

Calories: 501kcal Author: [Kristine Rosenblatt](#)

Ingredients

- 1 tablespoon olive oil
- 1 pound boneless skinless chicken breasts cut into bite-size pieces
- salt and pepper
- 2 cups quick cooking brown rice look for one that cooks in 10 minutes, I used Minute brown rice
- 1 teaspoon garlic powder
- 14.5 ounce can 1 $\frac{3}{4}$ cups low sodium chicken broth
- 1 pound broccoli florets cut into bite-size pieces
- 2 tablespoons all purpose flour
- 1 teaspoon Dijon mustard
- $\frac{3}{4}$ cup low fat milk
- $\frac{1}{4}$ cup plain low fat Greek yogurt*
- 1 cup 4 ounces grated cheddar cheese, divided

Instructions

1. Heat the olive oil in a large (5 quart) skillet over medium heat. Add the chicken and season with salt and pepper. Cook, stirring occasionally, until chicken is slightly browned, 3-4 minutes. Chicken does not need to be cooked all the way through, as it will continue to cook with the rice.
2. Add the rice, garlic powder, chicken broth, $\frac{1}{4}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper to the skillet. Stir. Bring to a simmer, cover and cook for 2 minutes. Add the broccoli and cook for 3 minutes more.
3. Remove lid and reduce heat to low. Stir in the flour, and cook for 1 minute. Stir in the Dijon and milk. Cook, stirring, for 3-5 minutes until liquid is absorbed and broccoli is crisp-tender.



5 from 1 rating

4. Stir in the Greek yogurt and ½ cup of the cheese. Top with remaining cheese and serve.

Notes

*Greek yogurt is optional. It adds a little extra creaminess to the dish but feel free to leave it out.

Nutrition

Serving: 1/5 recipe | Calories: 501kcal | Carbohydrates: 59g | Protein: 34g | Fat: 15g | Saturated Fat: 6g | Sodium: 489mg | Fiber: 4g | Sugar: 3g

Nutrition information is only an estimate.



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