



Cheesy Chicken, Broccoli and Rice Casserole

Ingredients:

- 1/2 onion
- 2 celery stalks
- 2-1/2 tablespoons butter, divided
- 2 tablespoons flour
- 1 teaspoon minced garlic
- 2 cups low-fat milk
- 8 ounces shredded Cheddar cheese, divided
- 1/2 teaspoon red pepper flakes
- Salt and freshly ground black pepper
- 1/2 cup sour cream
- 1/2 cup mayonnaise
- 2 cups cooked chicken, diced
- 10-ounce package frozen broccoli florets, cooked
- 1 can sliced water chestnuts, drained
- 2 cups cooked brown or white rice
- 1/2 cup Panko breadcrumbs

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F. Grease a 9 x 13-inch baking dish with nonstick cooking spray.
3. Peel onion and trim ends of celery stalks; rinse under cool running water. Dice and set aside.
4. In a large skillet, sauté onion and celery in 2 tablespoons butter until tender over medium high heat. Whisk in flour and garlic; cook for 1 minute. Pour in milk; cook and whisk until sauce is thick and smooth. Add 1 cup Cheddar cheese, red pepper flakes, salt, and black pepper; stir until cheese melts. Remove from heat; stir in the sour cream and mayonnaise.
5. Place chicken, broccoli, water chestnuts, and rice in a large bowl. Add the cheese sauce and stir gently to combine. Transfer to the baking dish. Top with remaining cheese.
6. Melt the 1/2 tablespoon butter in a small bowl. Add breadcrumbs and stir to combine. Sprinkle over the casserole.
7. Bake for 40 minutes or until bubbly and breadcrumbs are golden brown. Let stand for 5 minutes before serving. **Yield:** 6-8 servings.