

**RECIPE CREDIT: TERRY WRIGHT, HEART TRANSPLANT RECIPIENT, NOVEMBER 19, 2017**

### **CHICKEN AND RICE VEGETABLE BAKE**



*This Chicken and Rice Vegetable Bake is a crowd-pleasing dish that comes together without much fuss. It's total comfort food with its delicious creamy sauce that packs a lot of punch as a one dish meal. This recipe lends itself to substitution, so depending on your tastes, you can switch out and use other veggies. This dish is quick and easy, totally satisfying, and the leftovers are just as good!*

**YEILD:** 8 servings

#### **INGREDIENTS**

NO-STICK COOKING SPRAY (I use Pam Olive Oil no-stick cooking spray)  
1 LB RAW BONELESS AND SKINLESS CHICKEN BREAST, CUT INTO 1" CUBES  
2 TSP GARLIC POWDER  
2 TSP HERBES DE PROVENCE SPICE BLEND  
1/2 TSP GROUND BLACK PEPPER  
2 CUPS WHITE RICE, RINSED AND DRAINED  
4-1/2 CUPS LOW SODIUM CHICKEN BROTH  
4 CUPS BROCCOLI, CHOPPED  
4 CUPS CAULIFLOWER, CHOPPED  
1 CUP PLAIN, PASTUERIZED YOGURT  
1/4 CUP GREEN ONION  
1 CUP MILD CHEDDAR CHEESE, GRATED

#### **DIRECTIONS**

- 1) Preheat oven to 400 degrees F. Coat large dutch oven with no-stick cooking spray.
- 2) Add chicken, garlic powder, Herbes de Provence, and pepper to dutch oven and cook over medium-high heat, stirring occasionally.
- 3) Add rice and chicken stock, stir to combine, and bring mixture to a boil. Place broccoli and cauliflower on top, do not stir, cover, and bake in the oven for 40 minutes.
- 4) Remove from oven, stir in yogurt, and green onion. Sprinkle cheese on top and return to oven for 3- 5 minutes. Serve immediately.

#### **NUTRITION** (approximate per serving)

CALORIES 398, TOTAL FAT 6.3g, SATURATED FAT 3.4g, CHOLESTEROL 50mg, SODIUM 313mg, CARBOHYDRATE 46.7g, DIETARY FIBER 3.2g, TOTAL SUGARS 4.5g, PROTEIN 25.4g, VITAMIN D 2mcg, CALCIUM 206mg, IRON 3mg, POTASSIUM 451mg