



Chicken, Broccoli, and Portabella Mushroom Bake

I frequently pick up a rotisserie chicken at Costco, throw away the skin and bones and use the meat for several meals. This is quite economical at \$4.99 per chicken. I usually get about 2 lbs. of useable chicken from each roaster. We typically have chicken and a veggie the day I bring it home, and then I make chicken salad and soup with the rest, using it for lunches as well as dinners. This time I decided to try something different, and create a casserole for dinner. The result was delicious, satisfying, and would feed a family of 4 quite nicely.

Ingredients:

- 16 oz. broccoli florets (make them small so they cook soft enough to keep our bands happy)
- 4 ounces of shredded parmesan cheese
- 8 oz. of chicken (cooked) cut into bite size pieces
- 1 package (it's a box) of Trader Joe's portabella mushroom soup concentrate
- 3 mini sweet peppers chopped
- ¼ medium sweet onion sliced thin
- Garlic powder
- Sea salt
- Pepper

Directions:

1. Spray a 13x9x2 pan with non-stick spray (my current favorite is coconut oil spray from Trader Joe's)
2. Spread the broccoli florets in a single layer evenly in the pan
3. Spread the chicken evenly in the pan
4. Spread the peppers and onion evenly in the pan
5. Sprinkle with half of the parmesan cheese, some garlic powder and a dash of sea salt
6. Open the box of soup and add about 2 oz. of water to it, mixing thoroughly. Spread over the mixture in the pan
7. Top all with the rest of the parmesan cheese
8. Bake in a preheated 325 degree oven for about 60 minutes or until the broccoli is soft and everything is hot
9. Serve immediately

Nutrition: Makes 4 servings (I couldn't finish a single serving) of approximately

- **285 calories and**
- **27 grams of protein**