



Creamy Chicken Quinoa Broccoli Casserole



INGREDIENTS

- 2 cups low sodium chicken broth
- 1 cup milk of choice
- 1 tsp poultry seasoning
- 1/2 cup whole wheat flour
- 1 cup uncooked quinoa, rinsed
- 2 slices cooked, crumbled bacon
- 1.5 lb boneless chicken tenders (sliced)
- 2 tsp savory seasoning mix*
- 1/2 cup shredded cheese
- 4 cups fresh broccoli, chopped

DIRECTIONS:

1. Preheat oven to 400 F, grease a 9 x 13 baking dish. Add chicken broth and 1/2 cup milk to saucepan, bring to low boil and add 1/2 cup milk, poultry seasoning and flour. Whisk and set aside.
2. Mix 1 cup water, quinoa, bacon in bowl add into baking dish. Layer chicken on top. Sprinkle with seasoning* (I used Mrs.Dash) and bake for 30 minutes.
3. Boil broccoli for 1 minute, run under cold water. Set aside.
4. When timer goes off, check doneness of chicken. Quinoa may need additional 10 minutes to absorb liquid. Stir in broccoli, 1/2 cup water, in baking dish, top with cheese and bake for 5 minutes.