



Good For You Chicken Broccoli Bake

NIBBLEDISH CONTRIBUTOR

Ingredients

4 Chicken Breasts

4 Cups of fresh Broccoli florets

1 white Onion

1 can Cream of Chicken Soup

1 cup shredded Mozzarella Cheese

1 cup Breadcrumbs

Spices – Salt / Pepper / Garlic Powder / Cayenne Pepper

Olive Oil

Instructions

Simple, Quick and Healthy.

Low Carb. High Protein. High Fiber. Well Spiced.

Sure to become a quick-dinner-fix favorite!

Preheat the oven to 350*.

Coat the bottom of a baker with olive oil (about 2 tablespoons). Place the chicken inside and spice to taste.

Cover with foil and bake 20-30 minutes. Uncover and bake an extra 10 minutes.

(Chicken should be cooked through but still tender.)

While chicken is cooking, dice the onion and place in pot with broccoli and ¼ cup of water. Cover and simmer until broccoli is dark green but still firm and onion is not yet opaque.

Drain and set aside.

(Broccoli/Onion should still be warm for next step.)

Remove chicken from baker and dice into bite-sized chunks. Drain baker and place chicken back inside.

Cover chicken with soup, cheese, breadcrumbs and broccoli/onion. Mix well and press down.

Top with more spices and a sprinkling of breadcrumbs.

(These spices give the dish a real kick and are good for you too!)

Cover with foil and bake for 15-20 minutes. Uncover and brown for 10 minutes.

Serve warm.
