Broccoli Chicken Casserole

Recent research found that adding food safety information to recipes led to consumers improving their safe food handling behaviors. Following the food safety information will help you reduce the risk of foodborne illness! For more on safe handling of poultry—when you shop and at home—go to www.fightbac.org.

INGREDIENTS

- 1 package (6 ounces) chicken stuffing mix
- 2 boneless, skinless chicken breasts, cooked and cubed
- 1 cup frozen broccoli florets, thawed
- 1 can (10-3/4 ounces) condensed broccoli cheese soup, undiluted
- 1 cup shredded cheddar cheese

DIRECTIONS

Before beginning and after handling raw chicken, wash hands with soap and water for at least 20 seconds.

Place chicken breasts on microwave safe plate with thickest portion to the outside. Cover loosely with plastic wrap. Cook on high for 4 minutes. Check the internal temperature of the thickest part of each breast. If not cooked to at least 165 °F cook about 2 minutes longer and test again.

Using a clean cutting board, cut cooked chicken into about 1 inch cubes. Preheat oven to 350 °F. Grease a 11 X 7-in. baking dish.

Prepare stuffing mix according to package directions, using 1-1/2 cups water.

In large bowl, combine chicken, broccoli and soup; transfer to the greased baking dish. Top with stuffing; sprinkle with cheese.

Cover and bake for 20 minutes. Uncover; bake 10-15 minutes longer. Insert thermometer in the center of the dish to make sure the internal temperature has reached at least 165 °F.

Freeze option:
Transfer individual portions of cooled casserole to microwave-safe freezer containers; freeze. To use, thaw in refrigerator overnight. Microwave, covered, on high until a thermometer inserted in center reads 165 °F, stirring occasionally and adding a little liquid if necessary.