



A Nutrition Resource

CHICKEN OR TURKEY BROCCOLI AND RICE CASSEROLE

Yield: 4 Servings | **Serving Size:** 1 cup

Cost/Serving: \$1.48

Ingredients:

- 1 1/2 cups cooked brown rice
- 1-pound fresh broccoli or 1 (10-ounce) package frozen broccoli, cooked
- 1 cup diced cooked chicken or turkey
- 1 can cream of chicken soup
- 1/2 cup shredded cheese

Directions:

- 1) Preheat oven to 350°F. Lightly oil or spray an 8-inch x 8-inch baking dish.
- 2) In baking dish, mix together rice, broccoli, chicken, and cream soup (undiluted).
- 3) Sprinkle shredded cheese over the top. Bake for 20 to 30 minutes.

Option: Cooked brown rice is preferred, but cooked white rice may be substituted.

Nutrition Facts

4 servings per container	
Serving size	1 cup (305g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 420mg	18%
Total Carbohydrate 32g	12%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 169mg	15%
Iron 2mg	10%
Potassium 634mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EQ/AA/Veteran's Preference Employer and Provider of Educational Outreach.



MONTANA
STATE UNIVERSITY

EXTENSION