

Chicken & Broccoli Dorito Casserole

Recipe makes 6 meals

Ingredients

1 lb Boneless Skinless Chicken Breast, diced
3 C Chicken Broth
1.5 C White Rice, dry
1.5 C Reduced Fat Shredded Cheese, divided
1 C Fat Free Fairlife Milk
24 oz Broccoli, thawed
4 oz Greek Cream Cheese
3 servings Doritos, crushed
2 Tbsp Ranch Seasoning
1 Tbsp Butter
1 Tbsp Garlic Powder
1/2 Tbsp Onion Powder
1 tsp Paprika
Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 497

Fat - 15g

Carbohydrates - 53g

Protein - 35g

Estimated Cost
Per Meal

\$2.63

  @zachcoen

www.mindbodyandnutrition.com

Instructions

1. Start by heating a pot over medium-high heat and add in 1 Tbsp of butter. Once butter is melted and pot is hot, add in your diced chicken. Cook to get a sear on the outside. Once chicken is cooked through, remove from the pot.
2. In that same pot add in 1.5 cups of uncooked rice, along with 3 cups of chicken broth. Bring liquid to a boil, then cover, reduce the heat to simmer and cook until all liquid is evaporated and rice is cooked through.
3. When rice is done, give it a stir and add in 1 cup of milk, 4 ounces of cream cheese, 1/2 cup of shredded cheese, 2 Tbsp ranch seasoning, 1 Tbsp garlic powder, 1/2 Tbsp onion powder, and 1 tsp paprika. Mix well, taste, and add salt and pepper to preference.
4. If your broccoli is not thawed, toss it in the microwave to thaw. If the pieces of broccoli are very large, you may want to give them a rough chop to distribute evenly throughout your casserole, unless you want large bites.
5. Once your broccoli is thawed and chopped, add it to your rice mixture, along with your cooked chicken. Mix all that together and adjust seasonings as needed.
6. Transfer your mixture to your casserole dish and spread evenly.
7. Top with your remaining cheese and your crushed Doritos. Place in the oven on 400°F for 10-15 minutes or until cheese is melted.
8. Slice into 6 servings and enjoy!



Notes

- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.