



## Vegetable Wild Rice Casserole

SERVINGS: 8 CUPS

PREPPING TIME: 15 MINS

COOKING TIME: 1 HR 15 MINS

### INGREDIENTS

- 1 lb. lean boneless, skinless chicken breast, cut into bite-sized pieces
- 2 cups broccoli florets
- 1 cup carrots, diced
- 1 cup uncooked wild rice
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 tbsp. olive oil
- 2½ cups low-sodium chicken broth
- 1 cup low-fat milk
- 1 tbsp. whole wheat flour
- ½ cup reduced-fat mozzarella shredded cheese
- ¼ cup plain Greek yogurt
- ¼ tsp. ground black pepper
- ¼ tsp. paprika
- ¼ tsp. dried thyme
- Salt to taste (use sparingly)

#### For the topping:

- ½ cup whole wheat panko breadcrumbs
- 1 tbsp. olive oil
- ¼ tsp. paprika

### DIRECTIONS

1. In a medium pot, combine wild rice with 2 cups chicken broth. Bring to a boil, then reduce heat to low. Cover and simmer for 45-50 minutes or until the rice is tender and the liquid is absorbed. Set aside.
2. Heat 1 tbsp. of olive oil in a large skillet over medium heat. Add the diced chicken and season with salt, pepper, and paprika. Cook for 6-8 minutes, stirring occasionally, until the chicken is cooked through. Remove from the skillet and set aside.
3. In the same skillet, add onions and garlic. Sauté until softened, about 3-4 minutes. Add the carrots and cook for 4-5 minutes until they begin to soften. Then, add the broccoli florets and cook for another 3-4 minutes until the broccoli is bright green and tender.
4. In a small bowl, whisk together the milk and whole wheat flour until smooth. Pour the mixture into the skillet with the vegetables. Stir constantly until the sauce thickens, about 3-4 minutes.
5. Preheat the oven to 350°F (175°C). In a large mixing bowl, combine the cooked wild rice, sautéed vegetables, chicken, Greek yogurt, shredded cheese, thyme, and black pepper. Mix everything together until well combined.
6. In a small bowl, combine the whole wheat panko breadcrumbs, olive oil, and paprika. Stir until the crumbs are evenly coated.
7. Transfer the chicken and vegetable mixture into a greased 9 x 13-inch baking dish and spread evenly. Pour over ½ cup chicken broth and give it a quick stir.
8. Sprinkle the panko mixture evenly over the casserole and bake for 20-25 minutes, until the casserole is heated through and the top is lightly golden. Let the casserole rest for 5-10 minutes before serving.

### NUTRITION

Serving size: 1 cup  
 (per serving) 274.3 calories, 8.6g fat, 2.6g saturated fat, 52.7mg cholesterol, 200.5mg sodium, 26.1g carbohydrate, 2.9g fiber, 4.3g sugar, 24.1g protein