

Chicken and Mushroom Casserole

American

A lighter version of the classic chicken and mushroom casserole. Served over cooked long-grain rice.

Ingredients:

Base:

- * 1 teaspoon olive oil
- * 10 oz sliced mushrooms
- * 2 cloves garlic (minced)
- * 1 1/2 tablespoons all purpose flour
- * 1/2 cup marsala wine or white wine
- * 2 cups water
- * 1/2 cup plain Greek yogurt (added after cooki...)
- * 1 teaspoon fresh thyme (optional flavor b...)
- * salt (to taste)
- * black pepper (to taste)

Protein:

- * 2 cups shredded chicken breast (cooked)

Grain:

- * 1 cup long grain rice (cooked)

Finish:

- * 2 tablespoons parsley (chopped)
- * 1 tablespoon parmesan cheese (grated)



Instructions:

1. Preheat the oven to 350°F.
2. Heat olive oil in a large skillet over medium heat. Add mushrooms and cook until softened, about 5 minutes.
3. Add minced garlic and cook for about 30 seconds.
4. Sprinkle the flour over the mushrooms and stir for 1 minute.
5. Add the marsala wine and water, then simmer for about 3 minutes until slightly thickened.
6. Stir in parsley, thyme, salt, and pepper.
7. Spread the cooked rice evenly in a greased 9x13 casserole dish.
8. Top the rice with the shredded chicken breast.
9. Pour the mushroom sauce over the chicken.
10. Cover with foil and bake for about 35 minutes until bubbly.
11. Remove from the oven, stir in the Greek yogurt until creamy, sprinkle parmesan on top, and bake uncovered for an additional 5 minutes.

Servings: 4 | Serving size: 1 portion | Calories: 300 | Protein: 32g