

Chicken & Broccoli Bake

American

Creamy, cozy, high-protein comfort food that's simple, filling, and family-friendly. Great for busy weeknights and reheats well.

Ingredients:

- * 2 cups Cooked chicken, diced or shredded
- * 2 cups Broccoli florets, lightly cooked
- * 1 cup Cottage cheese (low-fat recommended)
- * 1/2 cup Shredded cheddar or mozzarella
- * 1 Large egg
- * 1/2 cup Cooked rice or quinoa
- * 1/2 tsp Garlic powder
- * 1/2 tsp Onion powder
- * Salt (to taste)
- * Black pepper (to taste)



Instructions:

1. Preheat oven to 375°F and lightly grease a baking dish.
2. In a bowl, mix cottage cheese, egg, garlic powder, onion powder, salt, and pepper.
3. Stir in chicken, broccoli, rice or quinoa, and shredded cheese.
4. Spread mixture evenly into the baking dish.
5. Top with Parmesan or breadcrumbs if using.
6. Bake 25–30 minutes until bubbly and lightly golden.
7. Let cool slightly before serving.

Servings: 4 | Serving size: 1 cup | Calories: 295 | Protein: 36g