



# Family Plan

## Chicken Broccoli Bake

Serving Size : 8    Preparation Time :0:00

Categories : Main Dish

Amount    Measure    Ingredient -- Preparation Method

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- 1 1/2        pounds    boneless chicken breast -- cut into 1" cubes
  - 1            tablespoon    vegetable oil
  - 3            cups        fresh broccoli florets
  - 1            jar        Chicken Tonight Cooking Sauce for Chicken — Country French
  - 2            tablespoons    chopped fresh parsley
  - 1 1/2        cups        shredded Cheddar cheese
  - 1 1/2        cups        fresh bread crumbs
  - 2            tablespoons    melted margarine

Preheat oven to 350 degrees F.

In a large skillet, thoroughly brown chicken in vegetable oil; drain fat. In a medium saucepan, lightly steam broccoli about 3 minutes; drain thoroughly and set aside. Add sauce and parsley to chicken in skillet. Spoon chicken mixture evenly in an 8 × 12-inch baking dish. Top with broccoli and Cheddar cheese. Sprinkle with bread crumbs. Drizzle evenly with melted margarine. Bake, uncovered, 35 to 40 minutes or until crumbs are golden brown.

Serves 6-8.



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Source:

"Ragú"

S(Internet address):

"<http://www.eat.com/index.html>"

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Per Serving (excluding unknown items): 272 Calories; 27g Fat (64.9% calories from fat); 26g Protein; 7g Carbohydrate; 1g Dietary Fiber; 76mg Cholesterol; 371mg Sodium.  
Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 2 Fat.