

Wild Rice, Butternut Squash and Broccoli Casserole

Ingredients

- 2 cups chopped rotisserie chicken
- 10 oz bag steamable butternut squash
- 2 8.8 oz bags of wild long grain rice mix - 110 oz bag frozen broccoli

For the Sauce

- 2 TBS flour
- 2 TBS olive oil
- 1 tsp parsley
- 1/2 tsp dried thyme
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 cup chicken broth
- 1 1/2 TBS Worcestershire sauce
- 1/2 cup plain greek yogurt
- 1 cup finely shredded parmesan cheese

Directions

1. Preheat oven to 450°
2. Spray a 9 x 13 casserole dish with olive oil or avocado oil spray
3. Cook butternut squash and rice in the microwave according to package instructions (start with rice- it doesn't take as much time).
4. While they cook, dice your rotisserie chicken and add to the casserole dish followed by rice and broccoli (you will NOT cook broccoli ahead of time).
5. Heat 2 TBS olive oil in a small sauce pan and add flour to the pan. Whisk and cook for one minute over medium heat. Add chicken broth, spices, and Worcestershire sauce to the pan. Heat for about 2 minutes. Take 2-3 TBS of the liquid and mix with greek yogurt (this will temper your greek yogurt and prevent it from curdling).
6. Turn off heat, and add greek yogurt to the rest of the sauce mixture and stir in the parmesan cheese.
7. Pour cream sauce over ingredients in your casserole dish. Add butternut squash to the dish. Gently mix ingredients together.
8. Sprinkle panko breadcrumbs on top, spray generously with olive oil spray
9. Cover with foil, and place in the oven for 15 minutes.
10. Remove foil, turn oven to broil and place on the top rack for the last 5 minutes.
11. Enjoy!

MADE WITH LOVE

by Teresa Forchard