

- Preparation Time: 20 minutes
 - Cooking Time: 30-35 minutes
 - Total Time: 50-55 minutes
 - Skill Level: Easy
 - Intensity Level: Low (One-pan assembly, oven-baked)
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□ Ingredients

To make this delicious casserole, you will need the following ingredients. I recommend using freshly cooked chicken, but a rotisserie chicken is a fantastic time-saver.

For the Casserole:

- 3 cups cooked white rice (jasmine or long-grain works best)
- 3 cups cooked chicken breast, diced or shredded
- 3 cups fresh broccoli florets (cut into bite-sized pieces)
- 1 can (10.5 oz) Cream of Chicken Soup (or Cream of Mushroom for a deeper flavor)
- 1 cup sour cream (full-fat recommended for creaminess)
- 1/2 cup mayonnaise
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt

- 1/2 cup chicken broth (to adjust consistency)

For the Cheese Layer:

- 2 cups Sharp Cheddar Cheese, shredded
- 1/2 cup Mozzarella Cheese, shredded (for the perfect melt)
- 1/2 cup Parmesan Cheese, grated

For the Topping:

- 1 cup Panko breadcrumbs (or crushed Ritz crackers for a buttery twist)
- 3 tablespoons melted butter

▢ Instructions

Step 1: Preheat and Prep (Intensity: Low)

Preheat your oven to 375°F (190°C) . Grease a 9×13 inch baking dish with non-stick spray or a little butter. This ensures the sides don't stick and makes cleaning up much easier.

Step 2: Blanch the Broccoli (Intensity: Medium)

While the oven is preheating, bring a medium pot of salted water to a boil. Add the fresh broccoli florets and cook for 2 to 3 minutes. You want them bright green and slightly tender, but not mushy. Immediately drain and rinse with cold water (or plunge into an ice bath) to stop the cooking process. Drain well. *Note: If using frozen broccoli, simply thaw and drain excess water; do not boil.*

Step 3: The Creamy Base (Intensity: Low)

In a large mixing bowl, combine the Cream of Chicken Soup, sour cream, mayonnaise, garlic powder, onion powder, salt, and black pepper. Whisk until smooth. If the mixture feels too thick, add the 1/2 cup of chicken broth to loosen it up. You want a consistency similar to pancake batter.

Step 4: Combine the Fillings (Intensity: Medium)

Add the cooked rice, cooked chicken, and blanched broccoli to the creamy mixture. Stir until everything is evenly coated.

Step 5: Layering the Casserole (Intensity: Low)

Pour half of the rice and chicken mixture into your greased 9×13 baking dish. Sprinkle 1 cup of the Sharp Cheddar Cheese over this layer. Add the remaining rice mixture on top and spread it evenly with a spatula.

Step 6: The Cheese Blanket (Intensity: Low)

Sprinkle the remaining 1 cup of Sharp Cheddar, the Mozzarella, and the Parmesan over the top of the casserole. The combination of these three cheeses creates a beautiful, bubbly crust.

Step 7: The Crunchy Topping (Intensity: Low)

In a small bowl, mix the Panko breadcrumbs with the melted butter until the crumbs are moistened. Sprinkle this mixture evenly over the cheese layer. This adds a necessary textural crunch to the soft interior.

Step 8: Bake to Perfection (Intensity: Medium-High)

Place the dish in the preheated oven and bake for 25 to 30 minutes. The casserole is done when the cheese is melted, the edges are bubbling, and the breadcrumbs are golden brown.

Pro Tip: If the top is browning too quickly but the center isn't hot yet, tent the dish with aluminum foil and continue baking for another 5–10 minutes.

Step 9: Rest and Serve (Intensity: None)

Remove the casserole from the oven and let it rest for 5 to 10 minutes before serving. This allows the sauces to thicken slightly, making it easier to scoop. Garnish with fresh chopped parsley if desired.

▢ Serving Suggestions

This casserole is rich, so it pairs well with light sides:

- A simple green salad with a vinaigrette dressing to cut through the cheese.
- Steamed green beans with lemon zest.
- Crusty French bread to soak up the creamy sauce.

▢ Nutrition Information

Disclaimer: The nutritional information below is an estimate based on standard ingredients. Actual values may vary depending on specific brands and portion sizes.

Serving Size: 1/8th of the casserole

Calories: Approximately 580 kcal

Total Fat: 32g

- Saturated Fat: 14g

- Trans Fat: 0g

Cholesterol: 105mg

Sodium: 980mg

Total Carbohydrates: 38g

- Dietary Fiber: 3g

- Sugars: 4g

Protein: 32g

Vitamins & Minerals:

- Vitamin A: 20% DV

- Vitamin C: 45% DV

- Calcium: 35% DV

- Iron: 15% DV