

Chicken & Zucchini Casserole

- 3 tablespoons butter, divided
- 2 pounds of boneless skinless chicken breasts, cut into 1-inch pieces
- 2 large zucchini, cut into ½ inch pieces
- 1 large red bell pepper, chopped
- ⅓ cup all-purpose flour
- 1 cup no-salt-added chicken broth
- 1 cup whole milk
- 3 oz reduced-fat cream cheese
- 1 ¼ cups shredded part skim mozzarella cheese, divided
- ¾ teaspoon ground pepper



Step 1: Preheat oven to 400 degrees F. Melt 1 tablespoon of butter in a large skillet over medium-high heat. Add chicken to the pan; cook, stirring occasionally, until well browned, about 8 minutes. Transfer chicken to a medium bowl.

Step 2: Add zucchini and bell pepper to pan; cook, stirring occasionally until the vegetables start to soften, about 4 minutes. Transfer the zucchini mixture to the bowl with the chicken.

Step 3: Add the remaining 2 tablespoons of butter to the pan. Stir in the flour; cook stirring constantly, until the flour starts to brown, about 1 minute. Add broth and milk; bring to a boil, whisking often. Remove from heat.

Step 4: Add cream cheese and ¾ cup mozzarella; stir until mixed. Stir in pepper and salt.

Step 5: Drain liquid from chicken and zucchini mixture; stir the chicken and vegetables into the cheese sauce.

Step 6: Transfer to a 2-quart baking dish. Place dish on a foil-lined baking sheet. Sprinkle the remaining ½ cup of mozzarella cheese on top of the casserole. Bake until the top is browned and the edges are bubbly, 20–25 minutes. Let stand for 10 minutes before serving.

Calories per-serving: 307 Serving size: 1 cup Total servings: 8