

# Chicken and Broccoli Mornay



PREPARATION TIME  
10 minutes



COOKING TIME  
30 minutes



PERFECT PARTNER  
fruit salad



Make your own chicken broth and save a bundle. When you cook chicken, freeze the bones and skin in a large plastic bag.

Once full, cover with water and simmer for 2 hours. Strain and freeze.

## SHOPPING LIST

- chicken • chicken broth
- chicken soup • rice • sherry
- Parmesan cheese • broccoli
- Swiss cheese • half-and-half

## ON HAND

- oil • butter • flour

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## INGREDIENTS

- 2 tablespoons vegetable oil
- 3 1/2 cups cubed chicken (about 16 ounces)
- 1 cup cold water
- 1 tablespoon dry sherry or chicken broth
- 1 (10-ounce) package frozen chopped broccoli, thawed
- 1 (10-ounce) can cream of chicken soup
- 1 1/2 cups quick-cooking rice
- 1/4 cup grated Parmesan cheese, divided
- 2 tablespoons butter or margarine
- 2 tablespoons all-purpose flour
- 1 1/2 cups half-and-half
- 1/4 cup shredded Swiss cheese
- 1/4 cup chicken broth

SERVES 4

**COOKIN'**  
*Express*

- Using cooked leftover chicken will save time in step 1.

## Make Ahead

Prepare this recipe through step 1 up to 8 hours ahead. Reheat and prepare the sauce when ready to serve.

## VARIATION

For a change of pace, substitute turkey meat for the chicken.

**1** Heat oil in a large skillet; add chicken. Cook, stirring occasionally, until browned and cooked through, about 15 minutes. Add water, sherry, broccoli and soup. Bring to a boil.



**2** Add rice to skillet; stir. Remove from heat. Let stand for 5 minutes. Sprinkle with 2 tablespoons Parmesan.

**3** Melt butter in a large saucepan over low heat. Stir in flour. Gradually add half-and-half, stirring continually until smooth. Boil for 1 minute. Add Swiss cheese. Remove from heat.



**4** Beat sauce with a wire whisk for 5 minutes. Beat in broth. Spoon chicken mixture into a serving dish. Pour sauce over chicken. Top with remaining Parmesan.