

Chicken Divan



Classic Chicken Divan is the perfect one-dish meal for those busy weeknights. This version gets lightened up but still retains its savory flavor.

Prep: 20 mins

Bake: 30 mins

Total: 50 mins

Yield: Serves 6



Antonios Achilleos

Ingredients

1 ½ pounds broccoli (about 3 large heads), chopped
24 ounces boneless, skinless chicken breasts
Salt and pepper
1 tablespoon unsalted butter
2 ½ teaspoons extra-virgin olive oil
2 cloves garlic, crushed
2 tablespoons minced shallot or onion
¼ cup all-purpose flour
1 cup fat-free chicken broth
1 cup nonfat milk
¼ cup dry sherry or white wine
6 ounces shredded reduced-fat Swiss cheese
¼ cup grated Parmesan
¼ cup seasoned whole-wheat bread crumbs

Directions

Step 1

Bring a large pot of water to a boil. Add broccoli and blanch 3 minutes. Drain and rinse with cold water to stop cooking.

Step 2

Preheat oven to 350°F. Mist a 9-by-13-inch baking dish with cooking spray.

Step 3

Season chicken with salt and pepper. Mist a large skillet or grill pan with cooking spray; place over medium-low heat. Cook chicken, turning once, until browned and almost cooked through, about 10 minutes. Remove from heat; transfer chicken to a cutting board. When cool, slice chicken into bite-size pieces.

Step 4

Warm a medium skillet over medium heat. Add butter and 2 tsp. oil; heat until butter has melted. Add garlic and shallots and sauté until tender, about 3 minutes. Sprinkle flour over mixture and whisk until incorporated. Stir in broth, milk and sherry and bring to a boil. Remove from heat and stir in half of Swiss cheese. Season with salt and pepper.

Step 5

Arrange broccoli in baking dish and pour half of sauce on top. Arrange chicken on top and cover with remaining sauce. Sprinkle with remaining Swiss cheese and Parmesan; top with bread crumbs. Drizzle with 1/2 tsp. olive oil.

Step 6

Bake for 30 minutes or until browned on top; serve hot.

Nutrition Facts

Per Serving:

390 calories; fat 13g; saturated fat 7g; protein 41g;
carbohydrates 19g; fiber 3g; cholesterol 93mg; sodium 701mg.

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