

CHEESY CHICKEN BROCCOLI CASSEROLE

Ingredients:

- 2 cups diced cooked chicken
- 8 ounces frozen broccoli cuts or florets, cooked and drained well
- 1/4 cup sour cream
- 1/4 cup mayonnaise
- 1/2 teaspoon chicken bouillon granules dissolved in 1/4 cup hot water
- 1 teaspoon garlic powder
- 4 ounces cheddar cheese, shredded, 1 cup
- 4 pieces bacon, chopped and fried until crisp
- Salt and pepper to taste

Directions:

Put the chicken in a greased 1 1/2 quart casserole; sprinkle with a little salt and pepper. Top with the broccoli; season with salt and pepper. In a small bowl, whisk together the sour cream, mayonnaise, bouillon mixture and garlic powder; pour over the broccoli. Top with cheese, then sprinkle with the bacon. Bake at 350 degrees for 25 minutes until hot and bubbly.

Makes 4 servings. Do not freeze.

Per serving: 432 calories, 32g Fat; 31g Protein; 5g Carbohydrate; 2g Dietary Fiber; 3g Net Carbs