



## Chicken Broccoli Bake

**6 servings**

### Ingredients

Broccoli, chopped fresh or frozen	1 lb.	Sour Cream	½ cup
Chicken Breasts, diced	12 oz.	Whipping Cream	¾ cup
Margarine, butter or oil	2 Tbs.	Pepper	to taste
Onions, diced	2 Tbs.	Salt	to taste
Flour	2 Tbs.	Parmesan Cheese, grated	1½ Tbs.
Water	¾ cup	Bread Crumbs	1 Tbs.
Chicken Bouillon Granules	1 tsp.		

### Cooking

1. Steam broccoli for a few minutes-- do not overcook.
2. In a saucepan or skillet sauté the diced chicken until done. Set aside.
3. In a saucepan over medium heat, melt margarine and sauté onions until translucent. Add flour and cook, stirring constantly for 1-2 minutes.
4. Combine water and bouillon. If using a bouillon cube, heat water slightly so that cube will dissolve. Add water and bouillon to saucepan. Heat, stirring constantly, until it is thick.
5. In a separate bowl combine the sour cream and whipping cream. Add some of the hot liquid to it to temper the cream mix.
6. Add cream mixture to remaining hot liquid and blend thoroughly.
7. Add salt and pepper to taste. Gently simmer mixture for 5 minutes.
8. Gently fold in the cooked chicken meat and the cooked broccoli.
9. Place mixture in a casserole dish. Top with combined bread crumbs and Parmesan cheese.
10. Bake in a 325-degree oven until the top is lightly browned and mixture is bubbly. Do not overbake, or mixture will separate.
11. Serve over rice.