

## Chicken & Broccoli Casserole (LaurenFitFoodie)

24 oz. frozen steam-able broccoli florets  
1 large yellow onion, diced (220g)  
24 oz. sliced mushrooms  
1 T. olive oil (15g)  
4 c. cooked chicken, cubed or shredded (460g)  
¼ c. + 2 T. all-purpose flour (45g)  
2½ c. milk (600g)  
1½ c. plain Greek yogurt (340g)  
½ c. light mayonnaise (120g)  
1 T. ranch seasoning mix (7g)  
1 t. salt  
½ t. pepper  
1 c. cheddar cheese (112g)

1. Preheat oven to 350°. Spray a 9x13 pan with cooking spray.
2. Cook the broccoli, drain, set aside. Wash the mushrooms and dry well. Dice onions.
3. In a large skillet, add the olive oil and set to medium heat. Add the mushrooms and onions and cook for 6-8 minutes, or until the mushrooms are tender. Drain any liquid, if needed.
4. Sprinkle the flour over the mushrooms and stir until the flour is evenly dispersed. Then add the milk and bring the mixture to a boil, stirring continuously for 4-5 minutes, or until the mixture has thickened. Remove from heat.
5. In a very large bowl, add the yogurt, mayonnaise, ranch seasoning mix, salt and pepper. Mix to combine. Then add the mushroom mixture, broccoli, and chicken. Stir until everything is mixed together well, then add it to the 9x13 pan. Sprinkle evenly with cheese.
6. Bake for 15-20 minutes or until it becomes bubbly around the edges.
7. Let cool 5-10 minutes. Enjoy!