

YIELD: 6 SERVINGS

Low Sodium Broccoli Chicken Casserole

This recipe for a low sodium broccoli and chicken casserole will become a dinnertime favorite in your house. It comes together very quickly and you even get cheese! By using swiss cheese you can still create a low salt dish with a cheesy taste.

**PREP TIME**

15 minutes

COOK TIME

1 hour

TOTAL TIME

1 hour 15 minutes

Ingredients

- 12-ounce bag of broccoli florets
- 1 medium onion, chopped
- 2 chicken breasts, diced
- 2 tablespoons unsalted butter
- 2 eggs, beaten
- 2 cups milk
- 2 cups cooked rice (brown or white)
- 2 cups grated swiss cheese (divided)

Instructions

1. Preheat oven to 350 degrees.
2. Prepare 2 cups of rice - suggest you use quick-cook rice but not a microwavable bag because those have added salt
3. Melt butter in a large skillet and then add onion and chicken breast. Cook until the exterior is browned. It is going in the oven so you do not have to cook the chicken all the way through but you do want a good sear.
4. Mix all remaining ingredients, including one cup of swiss cheese, in a large bowl then transfer into an 8x8 casserole dish sprayed with cooking spray. Add chicken and onions.
5. Bake in a 350-degree oven for about an hour. With about fifteen minutes remaining, sprinkle the remaining cup of swiss cheese over the top of the dish and return to the oven for remaining cook time. When one hour has passed, double-check that chicken has reached an internal temperature of 165 degrees.

Notes

- So let's talk quantity of ingredients here. You may want to play around with the amount of chicken. Some people like a bit meatier casserole, in that case, use three chicken breasts.
- Depending on the amount of chicken you use, you may want to use a 9x13 casserole dish as opposed to an 8x8 dish.
- It can be difficult to find shredded swiss cheese, so I buy a block of Swiss cheese at Walmart and use my box shredder. Yes, it takes an extra minute or two but it is worth the effort to be able to enjoy a low sodium cheese with this dish.
- Make this a one-pot wonder! Use a large castiron skillet to cook everything on your stovetop, then transfer that oven-safe skillet directly into the oven. Well, it is almost a one-pot wonder...you still have to cook your rice. But it is still nice to be able to go right from stovetop to oven.

Nutrition Information

Yield 6

Serving Size 1

Amount Per Serving

Calories 397

Total Fat 19g

Saturated Fat 11g

Trans Fat 0g

Unsaturated Fat 7g

Cholesterol 146mg

Sodium 146mg

Carbohydrates 27g

Fiber 2g

Sugar 2g

Protein 30g



Did you make this low sodium recipe?

Drop a comment below and be sure to share a photo of your dish on Instagram. Don't forget to tag @losofoodie!

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CUISINE: American / **CATEGORY:** Dinner

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