

This wonderful comfort dish, Harvest Chicken Casserole, will satisfy all your fall needs.

INGREDIENTS

- 2 tbsp. extra-virgin olive oil, divided, plus more for baking dish
- 2 lb. boneless skinless chicken breasts
- Kosher salt
- Freshly ground black pepper
- 1/2 onion, chopped
- 2 medium sweet potatoes, peeled and cut into small cubes
- 1 lb. Brussel sprouts, trimmed and quartered
- 2 cloves garlic, minced
- 2 tsp. fresh thyme leaves
- 1 tsp. paprika
- 1/2 tsp.
- ground cumin
- 1/2 c. low-sodium chicken broth, divided
- 6 c. cooked wild rice
- 1/2 cup dried cranberries
- 1/2 cup sliced almonds



INSTRUCTIONS

1. Preheat oven to 350 degrees and grease a 9-by-13-inch baking dish with oil. In a large, deep skillet over medium-high heat, heat 1 tablespoon oil. Season chicken with salt and pepper. Add chicken to skillet, cook until golden, and cooked through, 8

minutes per side. Let rest 10 minutes, and then cut into 1-inch pieces.

2. Heat remaining tablespoon oil over medium heat. Add onion, sweet potatoes, and Brussels sprouts and season with thyme, paprika, salt and pepper. Cook until softened, 5 minutes. Add broth, bring to a simmer, and cook, covered, 5 minutes.
3. Stir in cooked rice, chicken and cranberries. Transfer mixture to baking dish, top with almonds, and bake 20 minutes.
4. Let cool 5 minutes before serving.

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per 357 g		Total Fat 8.3g	13%	Total Carbohydrates 45g	15%
1 serving (12.6 oz)		Saturated 1.7g	9%	Dietary Fiber 6g	24%
		Trans Fat 0g		Sugars 10g	
Calories 422		Cholesterol 97mg	32%	Protein 43g	85%
From fat 73		Sodium 161mg	7%		
<i>HappyForks.com</i>		Calcium 6% • Iron 17%		Vitamin A 130% • Vitamin C 90%	
<small>* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</small>					

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

Like what you tried? Email us at katieConklin@oshkoshymca.org

Recipe Source <https://blog.ochsner.org/recipes/harvest-chicken-casserole-recipe>