



Country Chicken, Broccoli & Cheese Bake with Kansas Medley™

Yield: 40 cups

Ingredients

- 2 qts. hot water
- 4 oz. Indian Harvest Country Chicken Seasoning
- 1 qt. light sour cream
- 2 lbs. Indian Harvest Kansas Medley™
- 6 lbs. cooked, diced chicken breast
- 4 lbs. frozen broccoli florets
- 4 c. sliced mushrooms
- 2 c. shredded cheddar cheese

Directions

1. In a 2½” hotel pan, combine the hot water, Indian Harvest Country Chicken Seasoning and sour cream. Stir until blended.
2. Add the Indian Harvest Kansas Medley, chicken, broccoli and mushrooms, and mix well. Cover the pan with aluminum foil and bake in a conventional oven at 350°F for 40 minutes.
3. Remove the pan from the oven, uncover the pan, and sprinkle the cheddar over the top. Place the pan back in the oven and cook for another 10 minutes or until the cheese is melted.

Nutrition Facts	
Serving Size about 1 cup (227g)	
Amount Per Serving	
Calories 390	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 175mg	58%
Sodium 370mg	15%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 67g	
Vitamin A 6%	• Vitamin C 20%
Calcium 15%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	