

# Chicken Divine

Marion Brittain

Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

## Servings: 4

*3 whole chicken breasts*

*rosemary (to taste)*

*salt (to taste)*

*pepper (to taste)*

*1 onion, sliced*

*1 pound raw or fresh frozen  
broccoli*

*3/4 cup raw rice, cooked*

Preheat the oven to 350 degrees.

Sprinkle the chicken with rosemary, salt and pepper, to taste.

Place the chicken in a baking dish.

Bake for one hour.

Cool the chicken. Skin, bone and slice.

In a pot, cook the broccoli in water with salt and the onion. Drain.

Layer the chicken into a greased casserole dish, then layer the broccoli and then the rice. Pour a cheese sauce over the entire dish. Add more grated Parmesan on top, if desired.

Bake, uncovered, for 30 minutes or until bubbly.

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Per Serving (excluding unknown items): 385 Calories; 20g Fat (48.6% calories from fat); 46g Protein; 2g Carbohydrate; trace Dietary Fiber; 139mg Cholesterol; 138mg Sodium. Exchanges: 6 1/2 Lean Meat; 1/2 Vegetable.