

Freezer Meal of the Month

CHICKEN BROCCOLI ALFREDO BAKE

Use this PDF to make two batches of this recipe to freeze for later (or use right away).

Shopping List

Ingredients are for TWO meals (6 servings each).

- 12 ounces (4 cups) whole grain penne pasta (*Note: This is NOT an entire box.*)
- 4 cups chopped broccoli florets (*about one head; cut into small, uniform pieces*)
- 4 cups diced rotisserie chicken (*about 1 rotisserie chicken; about 16 ounces*)
- Homemade Alfredo Sauce (*recipe to follow*)
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning, crushed in hand (*sub: dried oregano*)
- 2 cups shredded mozzarella, divided
- 1/2 cup (2 ounces) grated Parmesan cheese

Homemade Alfredo Sauce*:

- 4 tablespoons salted butter
- 4 tablespoons all-purpose flour
- 2 cups reduced-sodium chicken broth
- 2 cups whole milk
- 2 cups (8 ounces) grated Parmesan cheese
- 1 teaspoon salt, plus more to taste
- 1/2 teaspoon pepper, plus more to taste

***Sub:** Two 15-ounce jars plain Alfredo sauce + 1 1/3 cups milk

Note: You'll need a total of 10 ounces of grated Parmesan for the whole recipe.



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Step-by-Step Instructions

How to Prep the Meals:

1. **Cook the pasta and broccoli:** Bring a large stock pot of water to a boil and add a generous pinch of salt (skip the salt if using jarred Alfredo sauce). Cook the pasta according to package instructions until al dente. Add the broccoli to the boiling water during the last 2 minutes of cooking, just until crisp tender. Drain the pasta and broccoli together and set aside.
2. **Prepare the Alfredo Sauce:** (*skip if using store-bought sub*) Set the same pot over medium heat and melt butter until it begins to bubble gently. Whisk in flour for about 1 minute. Then, whisk in chicken broth and milk until smooth. Bring to a simmer and cook for 1-2 minutes, until slightly thickened, whisking continually. Remove from heat. Whisk in grated Parmesan, salt, & pepper until well combined.
3. **Combine:** Stir in garlic powder and Italian seasoning to the sauce. Then, add cooked pasta and broccoli, rotisserie chicken, and 1 cup shredded mozzarella (reserve the rest). Stir until evenly combined.
4. **Assemble the casseroles:** Grease two 9x9-inch casserole dishes. Divide pasta mixture evenly between the two pans. Sprinkle 1/4 cup Parmesan cheese on *each* casserole and then sprinkle 1/2 cup mozzarella cheese on *each* casserole.
5. **To Freeze for Later:** Cover the casserole(s) you want to freeze tightly in a few layers of plastic wrap and/or foil or seal with a lid, squeezing out any excess air. Affix the label(s) and freeze.

Cooking Instructions:

If frozen, thaw in the refrigerator for about 24-48 hours. Preheat oven to 375°F. Bake on the middle rack for 20-25 minutes, or until the cheese is melted and bubbly. Optional: Turn on the broiler for 1 to 2 minutes, just until it starts to get a little golden on top (watch closely!). Top with fresh chopped parsley, if desired.

Grab your ingredients at Hy-Vee-Columbia today.

Chicken Broccoli Alfredo Bake

Yield: 6 servings

Directions: Thaw in the refrigerator for about 24-48 hours. Preheat oven to 375°F. Bake on the middle rack for 20-25 minutes, or until the cheese is melted and bubbly. Optional: Turn on the broiler for 1 to 2 minutes, just until it starts to get a little golden on top (watch closely!). Top with fresh chopped parsley, if desired.

Date Created: _____

Side Dish/Serving Ideas: _____

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