

Chicken, Mushroom, Pea & Stuffing Casserole

Serves 4

2 Tbsp. butter or Smart Balance
8 oz. sliced mushrooms
1 bay leaf
2 cloves garlic, minced
2 Tbsp. flour
1 cup strong chicken broth/stock, divided (preferably warm or at room temp)
1/2 cup milk (preferably warm or at room temp)
1/4 cup grated (about 2 oz.) pecorino romano or parmesan cheese
1 lbs. cooked and shredded chicken breast (made from about 1.25 lbs. raw, I prefer roasting or poaching mine)
1/2 cup frozen peas
1.5 cups cubed, staled bread (left out overnight) or unseasoned bread cubes
1/2 tsp. dried parsley
1/2 tsp. dried thyme
scant 1/4 tsp. ground sage
scant 1/4 tsp. ground marjoram

Preheat the oven to 350 and lightly spray a 1.5 - 2 qt casserole dish.

Heat butter in a saucepan over medium heat, and add the mushrooms and bay leaf. Cook until the mushrooms are tender and have lost most of their moisture. Add the garlic and cook until fragrant. Stir in the flour. Cook until the mixture turns a light golden brown.

Slowly add 3/4 cup of chicken broth and the milk. Whisk out any flour clumps and continue to simmer until the mixture bubbles slightly and begins to thicken, just coating the back of a spoon. Stir in the chicken and the peas, and season to taste with salt and pepper. Pour the mixture into the casserole dish. Sprinkle the parmesan cheese over the top.

Mix the remaining 1/4 cup of broth with the staled bread and the herbs. Place the mixture on top of the chicken mixture. Bake uncovered for 25-30 minutes.