

Cheesy Farro Chicken and Broccoli Casserole

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Ingredients

- 2 tablespoons butter
- 2 tablespoons olive oil
- 1 garlic clove, minced
- 1 shallot, minced
- red pepper flakes, optional
- 1 teaspoon dried thyme; fresh can also be used
- ¼ cup all purpose unbleached flour
- salt
- black pepper
- 2 cups chicken broth
- 2 cups freshly grated cheddar cheese
- 2 cooked chicken breast, about 2-3 cups
- 4 cups cooked farro, cooked al dente (see notes in recipe) pre-cooked before mixing it in
- 4 cups broccoli; cut into small pieces
- Top with 1 cup shredded cheddar cheese and ¼ cup freshly grated parmesan cheese, optional



Instructions

1. Preheat oven to 350 degrees
2. Spray a 9x13x2 inch baking dish with cooking spray
3. Cook the farro in salted water until al dente (still has a bite to it, NOT SOGGY), because it will cook a bit longer in the oven when mixed with the other ingredients; set aside to cool slightly
4. Place the broccoli in a pot of salted boiling water for 20-30 seconds, and drain immediately; this takes the raw bite away while still keeping the broccoli crunchy; make sure to let it drain well to prevent excess water
5. In a medium skillet, melt the butter and olive oil over medium heat
6. Add in the shallot and a sprinkle of salt, cook until softened
7. Add in the garlic and thyme (and red pepper flakes, if using), and cook for about a minute, stirring consistently being sure the garlic doesn't brown
8. Whisk in the flour, and cook for about a minute
9. While whisking, slowly pour in the chicken or veggie stock; whisking will prevent clumps
10. Whisk in the cheese, and stir until melted and well incorporated
11. In a large bowl combine the pre-cooked farro (al dente), chicken, and broccoli, and pour in the cheese mixture; stir until well combined
12. Pour the mixture into the prepared baking dish, and sprinkle with cheese, optional
13. Bake at 350 degrees for 25-30 minutes, until bubbly
14. Allow to sit for 5-10 minutes before serving

Recipe by From Scratch With Maria Provenzano at <http://fromscratchwithmaria.com/cheesy-farro-chicken-and-broccoli-casserole/>