



Honey mustard with Chicken Casserole

Ingredients

- 1 tablespoon neutral oil (such as canola or avocado oil)
- 2 pounds boneless, skinless chicken breasts, cut into bite-size pieces
- 1 small yellow onion, chopped
- $\frac{3}{4}$ teaspoon salt, divided
- $\frac{1}{3}$ cup all-purpose flour
- 2 cups half-and-half
- 1 cup unsalted chicken broth
- 2 (10-ounce) packages frozen peas and carrots
- 2 (8.8-ounce) packages microwaveable brown rice
- $\frac{1}{2}$ cup Dijon mustard
- $\frac{1}{4}$ cup honey
- $\frac{1}{2}$ teaspoon ground black pepper
- $\frac{1}{2}$ teaspoon garlic powder
- Chopped scallions, for garnish (optional)

Instructions

Step 1 – Sauté the Chicken & Make the Sauce

Preheat your oven to 400°F. Lightly coat a 9×13-inch baking dish with cooking spray.

Heat the oil in a large oven-safe skillet over medium-high heat. Add the chicken, chopped onion, and $\frac{1}{2}$ teaspoon of the salt. Cook, stirring occasionally, until the chicken is lightly browned—about 8 to 10 minutes.

Sprinkle the flour over the chicken mixture and cook, stirring constantly, for 1 minute. Slowly stir in the half-and-half and chicken broth. Bring to a boil, scraping up any browned bits from the pan. Continue to cook, stirring constantly, until the sauce thickens slightly—about 1 more minute.

Add the frozen peas and carrots, and bring the mixture back to a simmer. Once simmering, remove from heat.

Step 2 – Mix It All Together

In a large bowl, combine the cooked chicken mixture with the rice, Dijon mustard, honey, black pepper, garlic powder, and remaining $\frac{1}{4}$ teaspoon salt. Stir until everything is evenly combined.

Transfer the mixture to your prepared baking dish and spread it into an even layer.

Step 3 – Bake and Serve

Bake uncovered for 15 to 20 minutes, or until the casserole is bubbling around the edges and the chicken is fully cooked (internal temp should reach 165°F). Let it rest for 5 minutes before serving.

Top with chopped scallions for a fresh, colorful finish—if you like.