



Chicken & Rice Casserole

Makes 8 cups | 8 servings | Protein • Vegetables • Grains

Ingredients

- 1 cup rice, uncooked
- 4 Tablespoons canola oil, divided
- 1 pound boneless, skinless chicken, thawed and cut into bite-sized pieces
- 1 medium yellow onion, diced
- 1 15-ounce can corn kernels or green beans, drained
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ cup Parmesan cheese, grated and divided

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Cook rice according to package. Drain off any extra cooking liquid and set aside.
3. Preheat oven to 350°F. Spray a 9x13-inch baking pan with nonstick spray.
4. In a large skillet, heat 2 Tablespoons of oil over medium heat. Add chicken and cook through, about 6-8 minutes. Remove from heat and set aside.
5. In the same skillet, heat the remaining 2 Tablespoons of oil over medium heat. Add onion, corn or green beans, salt, and pepper. Cook until onion is soft, about 5 minutes.
6. Add chicken, rice, salt, pepper, and ¼ cup Parmesan cheese. Mix together.
7. Transfer mixture to the 9x13-inch baking dish. Bake at 350°F for 20 minutes or until chicken reaches 165°F on a food thermometer. Top with remaining cheese and bake 5 more minutes.

Variation

Add Veggies- In step 5, add 1-1½ cups of diced vegetables, canned or fresh, or, 1 10-ounce bag of frozen vegetables.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyocnp.org/wrir/>

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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. This material was funded by USDA's Expanded Food and Nutrition Education Program-EFNEP. USDA is an equal opportunity provider and employer.