

## CHICKEN & RICE CASSEROLE

12 servings

### **Ingredients**

Chicken, diced, cooked

Cream of Chicken Soup

Milk, 1%

Pepper

Salt

Lo fat Mayo

Onion, chopped

Green & Red Bell Peppers, chopped

Peas, frozen

Cooked rice, brown or white

Cheddar cheese, shredded, divided



### **Measure**

2 ½ cups

1 ½ - 10 oz. cans

¾ cup

½ teaspoon

½ teaspoon

½ cup

¾ cup

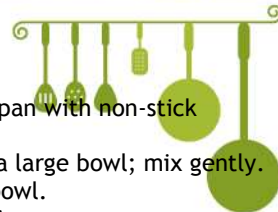
¾ cup

¾ cup

3 cups

2 cups





**Directions**

1. Preheat oven to 350°F. Spray a full 9" x 13" casserole pan with non-stick cooking spray and set aside.
2. Combine chicken, onion, peas, bell pepper and rice in a large bowl; mix gently.
3. Blend soup, milk, salt, pepper and mayo in a medium bowl.
4. Gently fold soup mixture into chicken mixture to combine.
5. Fold in 1 cup cheddar cheese.
6. Pour chicken and rice mixture into pan.
7. Cook in oven for 15 minutes.
8. Remove pan from oven, stir.
9. Sprinkle top of casserole with remaining cup of cheddar cheese.
10. Return to oven and cook approximately 15 minutes or until internal temperature is 165 °F for 15 seconds.

Note: For broccoli lovers, use frozen broccoli florets instead of the frozen peas.

