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Chicken and Wild Rice Casserole

Prep 15m

Cook 40m

Total 55m

Ingredients

- 1½lb boneless skinless chicken breast
- 1 cup chopped onion
- 6 oz. box uncooked long-grain and wild rice
- 12 oz. package steamable peas
- 10¼oz can reduced-fat cream of mushroom soup
- 1 cup sour cream
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon poultry seasoning
- ½ teaspoon garlic powder
- ½ cup grated Parmesan cheese

Directions

1. Cut chicken into ½-inch pieces.
2. Spray a large skillet with fat-free cooking spray; heat over medium-high heat.
3. Add chicken and onion.
4. Cook 6 to 8 minutes or until chicken is done.
5. Cook rice according to package directions.
6. Preheat oven to 350 degrees.
7. Stir cooked rice, peas, soup, sour cream, salt, pepper, poultry seasoning, and garlic powder into chicken mixture.
8. Spoon mixture into a 9- x 13-inch baking dish sprayed with cooking spray.
9. Bake 30 minutes; top with cheese and bake 10 minutes longer.