Chicken wild rice hotdish



Recipe credit

Adapted from the United States Department of Agriculture’s Chicken and Rice Casserole

About this recipe

Serves
8
Serving size
1/8 of prepared recipe
Time to make
10 minutes preparation; 60 minutes cook time

Ingredients

- Shortening or non-stick cooking spray
- 4 cups cooked chicken, chopped
- 4 cups cooked wild rice
- 1 10.5-ounce can low-sodium cream of mushroom soup
- 1 10.5-ounce can low-sodium chicken broth or water
- 1 small onion, chopped

Directions

1. Preheat oven to 350 degrees F.
2. Grease a baking dish.
3. Mix all ingredients and pour into baking dish.
4. Bake for 1 hour.
5. Refrigerate leftovers.

Tips and variations

- Use 1 pound ground beef instead of chicken. Rinse and brown the beef before adding.
- Add cooked chopped kale, spinach, broccoli, or other vegetables to increase the nutritional value.
- Experiment with adding different herbs, adding 1 1/2 teaspoon dried parsley, thyme, marjoram, etc.

Nutritional info

Calories
241
Total fat
5 g
Saturated fat

1.4 g
Cholesterol
47 mg
Sodium
171 mg
Total carbohydrates
30 g
Dietary fiber
1 g
Protein
19 g
Total sugar
1.3 g

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