

CHICKEN & RICE CASSEROLE



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Yield: 20

Ingredients

- 2 (6.2-ounce) packages fast-cooking long-grain and wild rice mix
- 1/4 c lite butter
- 4 celery ribs, chopped
- 2 medium onions, chopped
- 2 (8-ounce) cans sliced water chestnuts, drained
- 5 c chopped cooked lean chicken
- 4 c (1 pound) shredded 2% low fat Cheddar cheese, divided
- 2 (10 3/4-ounce) cans fat free cream of mushroom soup
- 1 (16-ounce) container fat free sour cream
- 1 c unsweetened, unflavored almond or coconut milk
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 c soft breadcrumbs
- 1 (2.25-ounce) package sliced almonds, toasted (optional)

Directions

1. Prepare rice according to package directions.
2. Meanwhile, melt butter in a large skillet over medium heat; add celery and onion. Sauté 10 minutes or until tender.
3. Combine water chestnuts, cooked rice, celery and onion, chicken, 3 cups cheese, and next 5 ingredients in a very large bowl.
4. Spoon mixture into a lightly greased large baking dish. Top casserole with breadcrumbs. Bake, uncovered, at 350° for 35 minutes. Sprinkle with remaining 1 cup cheese and almonds; bake 5 more minutes.
5. Note: You can divide this casserole evenly between 2 (11" x 7") baking dishes. Bake as directed above, or freeze casserole up to 1 month. Remove from freezer, and let stand at room temperature 1 hour. Bake, covered, at 350° for 30 minutes. Uncover casserole, and bake 55 more minutes. Sprinkle with remaining 1 cup cheese and almonds; bake 5 more minutes.

Nutritional Information

| Serving: | Calories | Fat | Protein | Carbohydrates | Sodium |
|----------|----------|-------|---------|---------------|--------|
| ½ cup | 263 | 9.6 g | 17.6 g | 24 g | 662 mg |

Carbohydrate Exchanges: 2