

Creamy Stuffed Chicken



PREPARATION TIME
20 minutes



COOKING TIME
30 minutes



PERFECT PARTNER
sautéed spinach



Be sure to measure out foil before using to prevent waste. Instead of tearing off a strip that is too big, measure the surface of the area you need to cover first.

SHOPPING LIST

- chicken • pimientos
- cream of chicken soup
- chicken broth

ON HAND

- rice • onion

INGREDIENTS

- 4 skinless, boneless chicken breasts (4 ounces each)
- 1 cup long grain rice
- 1/4 cup chopped onion
- 1/4 cup chopped pimiento
- 1 (10-ounce) can cream of chicken soup
- 1 cup chicken broth

SERVES 4

COOK'N *Express*

• Eliminate the step of measuring out rice for each chicken bundle. Instead, serve the chicken over cooked rice that you already have on hand. Simply grill the chicken as directed, then place contents of each bundle on a plate of hot cooked rice.

Make Ahead

You may combine the soup and broth as directed in step 3 up to 4 hours ahead. Store in the refrigerator until ready to use.

VARIATION

Intensify the flavor by substituting chopped roasted red peppers for the pimiento.

1 Preheat grill or broiler. Cut four 12-inch squares of heavy-duty foil; spray with nonstick cooking spray. Cut each chicken breast at 1/4-inch intervals, creating a "fan."



2 Place 1/4 cup rice, 1 tablespoon onion and 1 tablespoon pimiento on each foil square. Place chicken on rice, fanning slightly.

3 Blend soup with broth. Bring opposite corners of foil together around chicken; seal sides to form a small bowl. Divide soup mixture evenly among bundles.



4 Fold foil over the top to seal; place on grill or broiler rack, 4 inches from the heat. Grill or broil for 30 minutes or until chicken is done and rice is tender.