

One-Dish Chicken and Rice



PREPARATION TIME
20 minutes



COOKING TIME
25 minutes



PERFECT PARTNER
fruit salad



**MONEY.
Cook's
SAVER.**

Bell peppers vary considerably in weight. Since the innards will be removed and discarded, the lightest pepper is the better bargain when you are paying per pound.

SHOPPING LIST

- bell pepper • frozen peas
- cream of chicken soup
- Cheddar cheese

ON HAND

- cooked chicken • milk
- cooked white rice • onion
- mayonnaise • salt • pepper

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INGREDIENTS

- 1 (10-ounce) can cream of chicken soup
- 1/2 cup milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup mayonnaise
- 2 cups chopped cooked chicken
- 1/2 cup chopped onion
- 1 cup frozen peas
- 1/4 cup chopped green or red bell pepper
- 2 cups cooked white rice
- 1 cup shredded Cheddar cheese, divided

SERVES 4

COOK'N
Express

• To prepare in the microwave, proceed as recipe directs through step 4 but do not add the remaining Cheddar. Microwave on MEDIUM for 10 minutes; add remaining Cheddar. Microwave 10 minutes until heated through.

• Freeze leftover rice in 1- or 2-cup portions. A hard rap on the counter will loosen rice without thawing; it can then be added to the casserole.

Make Ahead

Prepare the casserole 1 day ahead, cover loosely and refrigerate until ready to bake. Let stand at room temperature while oven heats, then bake for 30 minutes.

VARIATION

Please broccoli lovers and add a little crunch to this casserole by using frozen broccoli florets instead of the frozen peas.

1 Preheat oven to 350°F. Blend soup, milk, salt, pepper and mayonnaise in a medium bowl. Combine chicken, onion, peas, bell pepper and rice in a large bowl; mix gently.



2 Gently fold soup mixture into chicken mixture to combine. Fold in half the Cheddar.

3 Spray a medium casserole dish with cooking spray. Spoon in chicken mixture.



4 Sprinkle top of casserole with remaining Cheddar. Bake until top is golden brown, about 25 minutes.