

# Rice-Stuffed Roast Chicken



PREPARATION TIME  
15 minutes



COOKING TIME  
40 minutes



PERFECT PARTNER  
citrus salad



Chicken casseroles are always an economical hit. Mix leftover chicken, stuffing and one 10-ounce can cream of chicken soup in a casserole. Cover; bake in a 350°F oven for 20 minutes.

## SHOPPING LIST

- roasting chicken • spinach
- poultry seasoning

## ON HAND

- butter • rice • onion
- garlic powder

# Rice-Stuffed Roast Chicken

## INGREDIENTS

- 1 (3-pound) roasting chicken
- 1/2 cup melted butter or margarine
- 1/2 teaspoon garlic powder

## STUFFING:

- 1 (9-ounce) package frozen chopped spinach, cooked, drained
- 1 1/2 cups cooked white rice
- 1/2 cup chopped onion
- 1/2 teaspoon poultry seasoning

SERVES 4

**COOK'N**  
*Express*

- Before carving, allow the chicken to “rest” a few minutes after cooking to redistribute the juices. This will promote moistness and easier carving.
- When cooking rice, add 1 to 2 teaspoons of vegetable oil to the water in the saucepan. This will keep the rice grains separated and the water from boiling over.

## Make Ahead

Have a ready-made side dish. Prepare a double-recipe of stuffing. Stuff chicken then place remainder in a foil pan; bake alongside chicken. Refrigerate leftovers.

## ◆ VARIATION

Are some family members not fond of spinach? Then replace the spinach in the stuffing with chopped broccoli instead.

**1** For stuffing, combine spinach, rice, onion and poultry seasoning in a medium bowl; mix well. Preheat oven to 375°F.



**2** Spoon stuffing into chicken cavity; do not pack. Close chicken cavity with skewers. Place chicken in roasting pan. Add enough water to cover bottom of pan.

**3** Mix butter and garlic powder in a small bowl. Brush 3/4 of mixture over chicken.



**4** Roast chicken for about 20 minutes. Turn chicken. Brush with remaining butter mixture. Roast until juices run clear when meat is pierced with a knife, about 20 minutes.