

Chicken-Rice Casserole

IOWA

Student Wellness

Ingredients

1 1/4 pound skinless chicken breasts
1 1/3 cup water
3/4 cup uncooked long-grain and wild rice

1 can cream of chicken or mushroom soup (reduced fat)
1 cup reduced fat sour cream
1/4 cup soy sauce
1/2 teaspoon onion powder
2 cups frozen mixed vegetables



Makes 5 servings

Directions

1. Heat the oven to 375° F.
2. Stir the soup, water, rice, onion powder and vegetables in an 11" x 8" baking dish.
3. Top with the chicken. Cover the dish.
4. Bake at 375° F for 50 minutes or until the chicken is cooked through and the rice is tender. Let stand for 10 minutes, stir then serve.