

Chicken and Rice Casserole



Ingredients:

- 8 tablespoons butter, divided
- 6 tablespoons flour
- 2 teaspoons dried thyme
- 2 cups low-fat chicken broth
- 2 cups non-fat milk
- 4 cups diced chicken, skin removed
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 4 cups rice, cooked
- 1 1/2 cup frozen peas, thawed
- 2 tablespoons dry breadcrumbs
- 2 tablespoons Parmesan cheese, grated

Instructions:

1. Pre-heat oven to 400 F.
2. Grease a 1 1/2 quart shallow baking dish.
3. Melt 5 tablespoons of butter in a saucepan over medium heat.
4. Whisk in flour and thyme and cook for 1 minute.
5. Gradually stir in broth and milk until thick and smooth.
6. Stir in chicken. Add salt and pepper; set aside.
7. Spread rice in prepared baking dish, sprinkle with the peas and then pour creamed chicken mixture over.
8. Dot with remaining tablespoon of butter.
9. Mix cheese and bread crumbs and sprinkle
10. Bake until hot and bubbly, about 25 minutes.

Servings: 8



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