

## Chicken Recipe #1: Cheesy Chicken and Rice Casserole

To bring out the good tastes and save time – there are three tricks here:

Trick #1. Using instant rice – not regular rice.

Trick #2. Making a quick sauce of chicken broth, cream, sautéed onions and some garlic is the way to go. To speed up cooking time, bring the sauce to a simmer on the stovetop before spreading it in.

Trick #3. Since the chicken is already cooked, stir it into the casserole toward the end of the baking time to keep it from drying out.

### YOU'LL NEED

Vegetable oil, 1 tablespoon

Onions, one, minced

Garlic cloves, 3, minced

Fresh parsley, one, minced

Chicken broth, 1 cup, low sodium

Heavy cream, ½ cup

Instant rice, 1 cup

Pea-carrot medley, frozen, 2 cups, thawed

Salt and black pepper

Shredded cheddar cheese, 1 cup

Ritz crackers (20), 1 cup, crushed to coarse crumbs

### DIRECTIONS

1. Heat oven to 450°, with rack in the middle.
2. Heat oil in 12 inch, non-stick skillet over medium heat until shimmering.
3. Add onion to skillet and cook for 3 minutes, until soft.
4. Stir in garlic and parsley and cook until fragrant, about 60 seconds.
5. Add broth and cream and bring to simmer.
6. Add rice.
7. Add peas and carrots.
8. Season with salt and pepper to taste.
9. Stir.
10. Pour in 8 inch baking dish.
11. Bake for 10 minutes.
12. Stir in chicken.
13. Sprinkle cheddar cheese evenly over top.
14. Sprinkle on cracker crumbs.
15. Continue to bake until edges are bubbling and crumbs are toasted, about 5 minutes.