Wild Rice Chicken Supreme
RECIPE

Wild Rice Chicken Supreme



TIME	45 min
INGREDIENTS	13 items
MAKES	6 servings

A tasty, mouth-watering rice and chicken casserole.

INGREDIENTS

- 1 box Ben’s Original™ Long Grain & Wild Rice, Original Recipe
- 3 Tablespoons butter, unsalted
- 1/2 cup onion, chopped
- 1/3 cup all-purpose flour
- 1/2 teaspoon salt
- 1 teaspoon ground black pepper
- 1 cup 2% Milk
- 1 cup chicken broth, low sodium
- 2 cups chicken breast meat, cooked and chopped
- 2 cups red bell pepper, diced
- 1/2 cup fresh parsley, chopped
- 1/4 cup almonds, slivered

- 1/2 cup panko breadcrumbs

INSTRUCTION

1. Preheat oven to 425°F.
2. Cook rice and contents of seasoning packet according to package directions.
3. While rice is cooking, melt the butter in a large saucepan. Add onion and red bell pepper, cook over low heat until tender. Stir in flour, salt and pepper.
4. Gradually stir in milk and broth. Cook, stirring constantly, until thickened.
5. Remove from heat, stir in chicken, parsley, almonds, and cooked rice.
6. Pour into a 2-quart baking dish, top with panko bread crumbs, and bake for 20 minutes uncovered.

NUTRITION

- CALORIES: 380
- TOTAL FAT: 17g - 22%
- SATURATED FAT: 6g - 30%
- TRANS FAT: 0g
- CHOLESTEROL: 60mg - 20%
- SODIUM: 600mg - 26%
- TOTAL CARBOHYDRATES: 36g - 13%
- DIETARY FIBER: 2g - 7%
- TOTAL SUGARS: 6g
- PROTEIN: 22g"

Categories:

Bake, Long Grain & Wild, Flavored Grains, Family-Friendly, Chicken, 45 Minutes or More

MORE RECIPES LIKE THIS



Chicken Rice Casserole

Cooking time

7 min

Ingredients

4 items



Garlic Chicken & Rice Recipe

Cooking time

20 min

Ingredients

13 items



Long Grain & Wild Rice Soup

Cooking time

30 min

Ingredients

11 items

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