

CSFP
Recipe of the Month
March, 2007

Easy to prepare....tastes good on a cold winter day!

Chicken and Rice Casserole

Makes 4 servings

Rice, uncooked	1 cup
Water	3 cups
Peas, canned, drained and rinsed	2 cups
Onions, chopped	1/2 cup
Cheddar cheese, grated	1 cup
Chicken, canned, drained, rinsed	2 cups
Cream of mushroom soup, condensed	1 (10.75 ounce) can
Milk, lowfat	3/4 cup
Poultry seasoning	1/2 teaspoon
Pepper, black	1/4 teaspoon
Garlic powder	1/8 teaspoon



Directions:

1. Heat water to boiling; cook rice as directed on package until water is absorbed and rice is tender.
2. Spread cooked rice in bottom of 9 x 13" baking pan or large casserole dish. Spoon peas and chopped onions on top of rice.
3. Cut chicken into cube-size pieces. Spread over peas and onions.
4. Cover with grated cheese.
5. Combine condensed soup, milk, and seasonings in small bowl. Stir until well mixed.
6. Spread soup mixture spread evenly over entire casserole.
7. Cover with foil and bake at 325° for 30 minutes.

Notes:

1. Use canned pork (drained and rinsed) or cut up turkey instead of chicken.
2. Use evaporated milk instead of lowfat milk, if desired.
3. Substitute condensed cream of celery or cream of chicken soup instead of using condensed cream of mushroom soup.
4. Use leftover cooked rice and other left-over vegetables in a variety of combinations, as desired.
5. Serve with coleslaw, cranberry sauce, and cornbread.

Questions or concerns? Call the Vermont Foodbank: 1-800-214-4648

*****CSFP Recipe of the Month Notice*****

Because we cannot predict which foods will actually arrive in your monthly food package, the recipe may not always use ingredients that you receive in a given month.