

Chicken and Wild Rice Casserole

No precooking of ingredients is necessary for this delicately flavored dish that features wild rice for a fresh whole grain option for you and your family.

Ingredients:

1 cup uncooked wild rice
1 lb. boneless, chicken breasts cubed
10.5 oz. can chicken broth
2 Tbsp soy sauce
10.5 oz. can cream of mushroom soup
2 cups water
2 ribs of celery, chopped
1 small onion, chopped
½ green pepper, chopped
½ red bell pepper, chopped
1 cup frozen peas
½ cup slivered almonds
½ cup chopped black olives (optional)

Directions:

1. Rinse wild rice in a strainer under running water or in bowl of water; drain.
2. Combine all ingredients in a 3 quart buttered casserole. Mix well.
3. Cover and bake 2 hours at 325 degrees.
4. Uncover and “fluff” with fork
5. Bake uncovered until rice is tender and moisture is absorbed.

Serves: 6-8

About the Author: Val Schonberg is a registered, licensed dietitian with a master's degree in nutrition science and is board certified as a specialist in sports dietetics. She is the founder of EnlightenU Nutrition Consulting and enjoys enlightening individuals about food, eating and overall wellness. For questions or additional information, you can check out her website at www.enlightenUnutrition.com or contact Val directly at 612-865-6813.