



# CHICKEN AND WILD RICE CASSEROLE

• SERVES 4 •

- 1 cup water
- ¼ cup wild rice, rinsed
- 1 ½ cups low sodium chicken stock
- 1 pound boneless,  
skinless chicken breasts
- 1 large carrot, diced
- 1 celery stalk, diced
- 1 tablespoon vegetable oil
- ½ cup diced onion
- 1 tablespoon flour
- ¼ cup 1% milk
- 1 tablespoon dried thyme
- Pinch ground nutmeg
- ¼ cup fresh or frozen peas
- Salt and freshly  
ground black pepper
- ¼ cup shredded cheddar cheese

**P**ut the wild rice and water in a small pot, set over high heat, bring to a boil then reduce the heat, cover and simmer the rice until tender, about 25 to 35 minutes. Drain and set aside.

Put the chicken and stock into a large skillet or saucepan set over low heat and simmer until the meat is no longer pink, about 15 minutes. Remove the chicken and dice when cooled. Add the carrot and celery to the stock and simmer until soft, about 3 to 5 minutes. Remove the vegetables and set aside. Reserve the stock.

Preheat the oven to 350F. In the same pan, heat the oil over medium-high and cook the onions until soft, about 5 to 7 minutes. Sprinkle the flour over the onions and cook, stirring constantly, for 2 to 3 minutes. Whisk in the milk and 1 cup of the stock in a steady stream. Increase the heat and bring to a boil. Add the thyme and the nutmeg, and continue cooking until the mixture is thickened, about 3 to 5 minutes. Add the peas and then toss in the diced chicken and the cooked carrots, celery and wild rice.

Season to taste with salt and pepper. (If you need more liquid, add the additional stock.) Pour the mixture into a casserole dish and sprinkle with shredded cheese. Bake until the cheese is melted and bubbly, about 15 minutes. Serve hot.

## NUTRITION FACTS

Calories 244 • Fat 8g • Saturated fat 2g  
Trans fat 0g • Protein 16g • Carbohydrate 16g  
Sodium 467mg • Cholesterol 73mg • Fiber 2g