

Creamy Chicken and Rice Casserole with Peas

Servings: 4-6

Ingredients

1 box rice-a-roni chicken flavored rice and vermicelli mix
3-4 boneless, skinless chicken breast (depending on size)
1 can low sodium cream of mushroom soup (undiluted)
3/4 cup nonfat sour cream
1-2 cups crushed multi-grain crackers
1 tbsp poppy seeds
1 tbsp garlic powder
1 cup chopped mushrooms
2 tbsp margarine or butter
1 can of peas

Preparation

- 1) Cook Rice-A-Roni according to package and set aside.
- 2) Preheat oven to 350 degrees.
- 3) Cut chicken into about 1 inch pieces and saute in a pan with mushrooms and garlic powder until no longer pink.
- 4) In a bowl, combine rice mixture, chicken mixture, sour cream, and cream of mushroom soup.
- 5) Coat a glass pan with cooking spray and dump mixture into pan.
- 6) Melt 2 tbsp of butter and mix in crushed crackers and poppy seeds. Pour over top of casserole and bake in the oven at 350 degrees for 25-30 minutes. Serve peas on the side.