

# Creamy Chicken-Rice Casserole

joyce Kinley

Unitarian Universalist Fellowship of Vero Beach, FL 2000

## Servings: 6

*1 package long-grain and wild rice mix  
3 to 4 cups cooked chicken, chopped  
1 small onion, chopped  
1 jar (2 ounce) diced pimientos, drained  
1 package (16 ounce) frozen French-style green beans, thawed  
1 jar (6 ounce) sliced mushrooms, drained  
1 can (8 ounce) sliced water chestnuts, drained  
1 can (10-3/4 ounce) cream of mushroom soup, undiluted  
1 container (8 ounce) sour cream  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1 cup (4 ounce) Shredded Swiss or Fontina cheese*

Preheat the oven to 350 degrees.

Cook the rice according to package directions.

In a bowl, combine the rice, chicken, onion, pimiento, green beans, mushrooms, water chestnuts, soup, sour cream, salt and pepper. Mix well.

Spoon the mixture into a shallow three-quart baking dish. Top with the cheese.

Bake for 30 minutes or until bubbly around the edges.

*The casserole may be frozen for up to one month. Simply thaw in the refrigerator for 24 hours, then let stand at room temperature before baking.*

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Per Serving (excluding unknown items): 235 Calories; 13g Fat (49.6% calories from fat); 24g Protein; 5g Carbohydrate; 1g Dietary Fiber; 77mg Cholesterol; 425mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat.