
Chicken and Wild Rice with Pecans

The Essential Southern Living Cookbook

Servings: 6

Preparation Time: 45 minutes

Start to Finish Time: 1 hour 5 minutes

1 cup uncooked long-grain and wild rice mix
1 leek, sliced thinly
2 tablespoons unsalted butter
1 package (16 ounce) fresh mushrooms, stemmed and quartered
1/2 cup dry white wine
4 cups roasted or rotisserie chicken, shredded
1 cup sour cream
1 teaspoon table salt
1/2 teaspoon freshly ground black pepper
2 ounces (1/2 cup) white cheddar cheese, shredded
1/2 cup coarsely chopped pecans
chopped chives (for garnish)

Cook the rice blend according to package directions. Reserve the remaining rice for another use.

Meanwhile, remove and discard the root ends and dark green tops of the leek. Cut in half lengthwise. Rinse thoroughly under cold running water to remove grit and sand. Thinly slice the leek.

Preheat the oven to 350 degrees. In a large skillet over medium-low heat, melt the butter. Add the leek. Cook for 6 to 7 minutes or until lightly browned. Add the mushrooms. Cook, stirring often, for 15 minutes. Add the wine. Bring to a simmer. Cook for 3 minutes.

Transfer the rice to a large bowl. Add the leek mixture to the rice. Stir until blended. Add the chicken, sour cream, salt and pepper. Stir until blended. Transfer to a lightly greased 11 x 7-inch baking dish. Top with the cheese.

Bake for 10 minutes. Top with the pecans. Bake until the pecans are toasted and the mixture is bubbly, about 10 minutes more.

Garnish with chives.

Chicken

Per Serving (excluding unknown items): 140 Calories; 12g Fat (82.5% calories from fat); 2g Protein; 4g Carbohydrate; trace Dietary Fiber; 27mg Cholesterol; 413mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.