

Chicken and Rice Casserole

Serves about 6 Recipe Courtesy of Texas WIC

INGREDIENTS

3 cups cooked brown rice

(1) 10 ounce package frozen green peas

2 cups cooked chicken pieces

1/2 cup light mayonnaise

2 teaspoons low-sodium soy sauce

1/4 teaspoon ground black pepper

1/4 teaspoon garlic powder

Vegetable cooking spray

1/3 cup slivered almonds or chopped peanuts
(optional)

INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Combine rice, peas, chicken, mayonnaise, almonds, soy sauce, pepper and garlic powder in a bowl.
3. Transfer to a 3-quart baking dish with cooking spray.
4. Cover and bake for 15 to 20 minutes.