



## Kelly's Kitchen Corner – March 2023

### Cheesy Chicken Casserole – 4- 1½ cup Servings

- |                       |                                      |
|-----------------------|--------------------------------------|
| 1 T. oil              | 1 c. instant rice uncooked           |
| 1 c. diced onion      | 2 c. frozen vegetables (your choice) |
| 1 clove minced garlic | 2 c. cooked chicken cut-up           |
| 1 ½ c. chicken broth  | ¾ c. cheddar cheese, shredded        |



Heat oil in a skillet over medium heat. Add onion and garlic. Cook for 2 minutes. Add chicken broth. Heat to boiling. Stir in rice and frozen vegetables. Reduce to low heat. Cover and cook for 10 minutes. Add chicken and cheese. Stir constantly until chicken is heated through and cheese is melted.

Nutrition per serving; 390 calories, 14 g fat, 420 mg sodium, 32 grams carbohydrates. Iowa State University

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### Curried Chicken and Peach Salad – 4 Servings

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|----------------------------|---------------------------------|
| ½ c fat-free mayonnaise    | ¼ c. raisins                    |
| 1 tsp. curry powder        | 2 medium peaches, sliced        |
| 2 c. cubed chicken, cooked | 1- 5oz. spring mix salad greens |
| ½ c. walnuts               |                                 |



Mix mayonnaise and curry powder; toss gently with chicken, walnuts, and raisins. Serve the chicken and peaches over greens.

No nutrition information was provided. Taste of Home

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