

CHICKEN, SPINACH AND RICE CASSEROLE WITH SUN-DRIED TOMATO CREAM SAUCE

Preparation: 20 minutes | Cooking: 20 minutes | Servings: 6

INGREDIENTS

2 (8.8-ounce) packs of cooked brown rice
10 ounce package of frozen chopped spinach
3 ounces softened cream cheese
3 cloves garlic, grated
2 cups chopped cooked chicken
1 cup shredded extra sharp cheddar cheese
1 cup chopped onion
1 cup low sodium chicken broth
1/2 cup slivered oil packed sun dried tomatoes
1/4 cup sour cream
3 tablespoons oil from the sun dried tomatoes
1 tablespoon cornstarch
2 teaspoons Dijon mustard
1/2 teaspoon kosher salt
1/2 teaspoon ground pepper



INSTRUCTIONS

Preheat oven to 400°F. Heat the sun-dried tomato oil in a large cast-iron skillet over medium heat. Add the onion and cook for about 4 minutes until it begins to brown. Then, add the spinach and garlic, cooking for 1 minute. Add the rice, stirring it to coat and break up clumps. Whisk the broth, cream cheese, sour cream, cornstarch, mustard, salt and pepper in a measuring cup until smooth. Pour it into the skillet and cook for 3 to 5 minutes, stirring until it bubbles and thickens. Remove from heat and stir in the chicken, sun-dried tomatoes and 1/2 cup of cheese. Sprinkle the remaining 1/2 cup of cheese over the top. Lastly, bake for 15 to 20 minutes until the casserole is hot and the cheese has melted.