



# Chicken, Mushroom and Wild Rice Casserole



Makes 6 servings

## Ingredients

- 1 cup diced onion
- 6 cloves garlic, minced
- 5 medium stalks celery, diced
- 5 medium carrots, diced
- 1 cup uncooked wild rice
- 3 cups low-sodium vegetable broth
- 8 tablespoons canola oil, divided

- 1 pound boneless skinless chicken breast, cut into cubes
- 1/2 pound sliced mushrooms (any kind)
- 1/4 cup unbleached flour
- 1 tablespoon ground sage
- 1/2 teaspoon thyme
- 1 teaspoon ground poultry seasoning
- 2 cups reduced-fat (2%) milk
- 1/2 cup plain whole-grain bread crumbs

## Directions

1. Preheat oven to 350 F.
2. In a large casserole dish, combine onion, garlic, celery, carrots, rice and broth. Stir. Tightly cover with foil and bake for 1 hour and 15 minutes.

3. When 15 minutes of baking time remains: In a large skillet, heat 2 tablespoons oil over medium-high heat. Add chicken, stirring, until lightly brown. Add mushrooms and continue cooking until all liquid is gone. Remove from heat and set aside.

(directions continued on back)



MAIN DISH



## Directions (continued)

4. In a small saucepan, heat 4 tablespoons oil over medium-high heat. Add flour, sage, thyme and poultry seasoning. Whisk until well-blended. Slowly add milk, while whisking, as it cooks for 1 to 2 more minutes. Sauce is done when thick.
5. Remove casserole from oven. Increase oven temperature to 450 F. Spread chicken-mushroom mixture evenly over casserole. Then use a ladle to top with sauce.
6. In a small bowl, combine bread crumbs with remaining oil. Stir. Sprinkle over casserole. Bake for 10 to 15 minutes or until crumb topping is golden-brown. Enjoy warm.



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## Nutrition Facts

Serving Size 1 cup (489g)  
Servings Per Container 6

Amount Per Serving

**Calories 510**    **Calories from Fat 210**

% Daily Value\*

**Total Fat 23g**                      **35%**

  Saturated Fat 3g                    **15%**

  Trans Fat 0g

**Cholesterol 60mg**                 **20%**

**Sodium 270mg**                     **11%**

**Total Carbohydrate 48g**         **16%**

  Dietary Fiber 6g                    **24%**

  Sugars 13g

**Protein 28g**

Vitamin A 230%    •    Vitamin C 15%

Calcium 20%        •    Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories                      2,000    2,500

Total Fat                    Less than 65g    80g

Saturated Fat              Less than 20g    25g

Cholesterol                Less than 300mg 300mg

Sodium                      Less than 2,400mg 2,400mg

Total Carbohydrate      300g            375g

Dietary Fiber              25g              30g

Calories per gram:

Fat 9    •    Carbohydrate 4    •    Protein 4

Recipe contains: wheat, milk  
Carb choices per serving: 3