

Chicken

Swiss Chicken Casserole

Betty Crocker Best-Loved Casseroles

Servings: 8

Preparation Time: 15 minutes

Start to Finish Time: 1 hour 15 minutes

4 cups boiling water

2 boxes (6 oz ea) sun-dried tomato Florentine long-grain and wild rice mix

4 large boneless/ skinless chicken breasts

8 thick slices deli ham

1/4 cup red bell pepper, diced

4 slices (1 oz ea) Swiss cheese , cut in half

Preheat oven to 350 degrees.

Spray 3-quart baking dish with cooking spray. In the baking dish, stir boiling water, the rice and rice seasoning mixes.

Cut the chicken breasts in half lengthwise; wrap a slice of ham around each chicken piece.

Stir the bell pepper into the rice. Place the wrapped chicken over the rice. Cover the dish.

Bake for 40 to 45 minutes. Uncover; bake about 10 minutes longer or until liquid is absorbed and the juice of the chicken is clear when the center of the thickest part is cut.

Top each chicken breast with a half slice of cheese.

Bake, uncovered, for 3 to 4 minutes or until the cheese is melted.

Per Serving (excluding unknown items): 1 Calories; trace Fat (5.4% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 0 Vegetable.