

Chicken and Rice Casserole With Vegetables

INGREDIENTS:

- 1 1/2 cups cooked long-grain rice
- 2 cups diced chicken
- salt and pepper
- 2 tablespoons butter
- 1 tablespoon olive oil or vegetable oil
- 1/4 cup chopped bell pepper, red or green
- 1 cup chopped onion
- 1/2 cup thinly sliced celery
- 1 clove garlic, minced
- 1 can (14.5 ounces) tomatoes
- 3 tablespoons blanched slivered almonds
- 1 teaspoon curry powder
- 1/4 teaspoon dried leaf thyme, crumbled
- salt and pepper
- slivered almonds for garnish, optional

PREPARATION:

Grease an 11x7-inch baking dish. Heat oven to 350°.

Heat 2 tablespoons butter and 1 tablespoon oil in a large skillet, add chicken and sprinkle with salt and pepper. Sautee, stirring, until chicken pieces are browned. Transfer to prepared baking dish.

Add chopped bell pepper, onion, and sliced celery to the skillet; sautee for about 5 minutes, or until onion is tender. Add garlic, tomatoes, almonds, curry powder, and thyme. Cook, stirring, for 3 to 4 minutes. Add rice and stir until blended. Add salt and pepper, as needed, to taste. Spoon over the chicken in the baking dish. Bake for 35 minutes. Garnish with slivered almonds, if desired.

Serves 4.