



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## Make Your Best Casserole Yet!

Casseroles are an affordable meal option that can combine pantry staples and frozen veggies with small amounts of fresh meat and produce.

Choosing quality ingredients from **Best Yet**<sup>®</sup>

helps keep ingredient costs lower, which is key these days!

With a variety of flavor combinations, casseroles are easy weeknight meals. With simple prep and hands off cooking, you can regain some precious time for the family before dinner is served. Plus, any leftovers can easily become lunch for another day to avoid extra servings going to waste.

Use extra rice and chicken to create a Fajita casserole.

Find a recipe or create your own by adding some chicken stock and canned tomatoes, frozen peppers & onions, and a packet of fajita seasoning.

Use the Lemon Chicken casserole below as your guide. Make sure you include enough chicken stock and juice from the tomatoes to cook the rice.

Then swap out other ingredients in similar quantities.

### TIP:

Stock up on pantry staples, frozen vegetables, and meat/poultry/seafood when they're on sale.

## Lemon Chicken & Rice Casserole



### Ingredients:

- 1 lb. boneless, skinless chicken breasts or tenders
- 1 (12-ounce) bag frozen Brussels sprouts
- 2 1/4 cups unsalted chicken stock
- 1 cup uncooked long grain rice
- 1 lemon
- 1/2 tsp. salt
- 1/2 tsp. pepper



### Directions:

1. Preheat oven to 400°F; spray 8-inch square baking dish with cooking spray.
2. Cut chicken into 1-1/2-inch pieces; add to a large bowl. Next, add frozen Brussels sprouts and chicken stock to the bowl. Add uncooked rice to the same bowl.
3. Zest lemon, adding 1 Tbsp. of zest to the same bowl. Squeeze lemon juice into a cup and use 2 Tbsps. added to the bowl. Add salt and pepper. Stir chicken mixture and spread into prepared dish; cover with aluminum foil and roast for 45 minutes or until rice is tender and internal temperature of chicken reaches 165°F.