

Pesto Chicken and Rice Casserole



Pesto Chicken and Rice Casserole is simple, delicious and, like any other casserole recipe, lets you sit back and relax as it bakes.

Course Dinner

Cuisine Italian

Keyword Pesto Chicken and Rice

Prep Time 10 minutes

Cook Time 1 hour

Total Time 1 hour 10 minutes

Servings 4 servings

Calories 511kcal

Author Lauren Brennan

Ingredients

- 1 cup long grain white rice
- 1 cup parmesan cheese divided
- 6 tablespoons [prepared pesto](#) divided
- 2 boneless skinless chicken breasts about 1 lb.
- salt & pepper to taste
- 2 1/4 cups [chicken stock](#)
- 2 roma tomatoes diced
- 3 tablespoons heavy cream
- [Italian seasoning](#) optional

Instructions

1. Preheat oven to 375 degrees.
2. In a 9x9 glass baking dish, pour in rice, 1/2 cup cheese, 4 tablespoons pesto, and chicken. Sprinkle chicken with salt & pepper, to taste. Pour chicken stock over all ingredients and stir gently to even out the rice underneath the chicken. Cover with foil and bake 45 minutes to 1 hour or until rice is cooked to your liking.
3. Remove chicken from baking dish and shred into large pieces. Add chicken back in and stir in cream, remaining pesto and 3/4 of the diced tomatoes. Spoon into 4 servings

and top with tomatoes, more cheese {if desired} and Italian seasoning. Serve.

Nutrition

Calories: 511kcal | Carbohydrates: 45g | Protein: 29g | Fat: 22g | Saturated Fat: 8g |
Cholesterol: 74mg | Sodium: 877mg | Potassium: 500mg | Fiber: 1g | Sugar: 3g | Vitamin A:
1090IU | Vitamin C: 5.2mg | Calcium: 362mg | Iron: 1.3mg