

No-Peek Chicken and Wild Rice Casserole Yield:

Serves 6 | Prep Time: 15 minutes | Cook Time: 1 ½ hours Wild rice grew in popularity in the late 1960s, and soon, home cooks were finding great ways of working it into their recipes. For this particular casserole, make sure to keep the foil sealed nice and tight until after it's done baking to ensure it comes out perfectly cooked through.

#### INGREDIENTS

2 cups wild rice (about 14 ounces), uncooked  
1 (10.5-ounce) can French onion soup  
1 (10.5-ounce) can cream of chicken soup  
1 ½ cups warm water  
2 pounds boneless, skinless chicken breasts (see Notes)  
1/3 container (6-ounce) French fried onions  
1/4 cup finely chopped fresh parsley

#### DIRECTIONS

Preheat the oven to 350°F.

Coat a 9 × 13-inch baking dish with cooking spray. In a large bowl, stir together the rice, French onion soup, cream of chicken soup, and warm water. Spread evenly into the prepared baking dish and lay the chicken breasts on top. Cover the dish with a double layer of aluminum foil and crimp the edges very tightly.

Bake for 90 minutes without peeking. Check to see that the rice is cooked (see Notes), and if not completely tender, return to the oven for a few minutes more. Remove the foil and top the casserole with the French fried onions and parsley before serving.

NOTES Use six 4-ounce chicken breasts; if only large breasts are available, use three and cut them crosswise to make six pieces before baking. Rice mixes vary—those with more brown rice may require a longer cook time, so check after 90 minutes and re-cover and continue to bake if necessary. Buy a mix that is all rice without any seasoning packet or added ingredients.