

AI-Generated Recipe

Recipe

Creamy Chicken & Tomato Rice Bake

****Short Description:**** A comforting and flavorful bake featuring tender chicken, fluffy rice, and a creamy tomato-cheese topping. A simple recipe utilizing everyday ingredients.

****Yields:**** 4 servings

****Prep time:**** 20 minutes

****Cook time:**** 40 minutes

****Ingredients:****

- * 1 lb boneless, skinless chicken breasts, cut into 1-inch cubes
- * 1 cup uncooked long-grain rice
- * 1 medium onion, finely chopped
- * 2 medium tomatoes, diced
- * 1 cup shredded cheddar cheese
- * 1/2 cup mayonnaise
- * 4 slices bread, torn into small pieces

****Instructions:****

1. ****Preheat oven to 375°F (190°C).**** Lightly grease a 9x13 inch baking dish.

2. **Cook the rice:** Bring 2 cups of water to a boil in a saucepan. Add the rice, reduce heat to low, cover, and simmer for 15-20 minutes, or until all the water is absorbed and the rice is tender. Fluff with a fork and set aside.
3. **Sauté the chicken and onion:** Heat a tablespoon of oil (optional, if you want to add a small amount of fat for flavor; this can be omitted) in a large skillet over medium-high heat. Add the chicken and cook until browned and cooked through, about 5-7 minutes. Add the chopped onion and cook for another 2-3 minutes, until softened.
4. **Combine ingredients:** In a large bowl, combine the cooked rice, cooked chicken and onion mixture, and diced tomatoes.
5. **Prepare the topping:** In a separate bowl, combine the mayonnaise and shredded cheese. Mix well.
6. **Assemble the bake:** Pour the rice and chicken mixture into the prepared baking dish. Spread the mayonnaise-cheese mixture evenly over the top. Sprinkle the torn bread pieces over the cheese mixture.
7. **Bake:** Bake for 20-25 minutes, or until the topping is golden brown and bubbly, and the chicken is heated through.
8. **Serve:** Let the bake stand for a few minutes before serving.

Nutritional Breakdown (per serving, approximate): This nutritional information is an estimate and will vary based on the specific ingredients used.

* **Calories:** Approximately 500-600

* **Protein:** 35-40g

* **Carbohydrates:** 50-60g

* **Fat:** 20-25g

****Note:**** This recipe can be easily adapted. Feel free to use different types of cheese, add herbs and spices for extra flavor, or substitute other vegetables for the tomatoes. If you prefer a crispier topping, broil the bake for the last 2-3 minutes of cooking time. The nutritional information provided is an estimation and could differ slightly based on the specific products used.

