RECIPE

CRUNCHY GRUYERE-ALFREDO CHICKEN BAKE

Down Syndrome Association of Delaware

INGREDIENTS

- 2 cups shredded chicken
- 2 cups uncooked batsmati rice
- 3 cups chicken stock or broth
- 1 cup creamy alfredo sauce (see below for recipe)
- 1/2 teaspoon ground white pepper
- 2 cup frozen green peas
- 1 pound Gruyere cheese, sliced
- 4 Tablespoons butter, melted
- 1 cup panko (Japanese breadcrumbs)
- 2-1/2 Tablespoons dried basil, divided

COOKING DIRECTIONS

- Preheat oven to 350 degrees F. In a large 12" saucepan, add chicken, rice, stock, alfredo and pepper. Bring to a boil and stir the ingredients. Cover and simmer on low until rice is done, about 15-20 minutes or until rice is soft to the taste. (It's okay if there is a little liquid. This will keep it it moist in the oven.) Add the peas and stir.

- Cover bottoms of 2-quart pans with 1/2 the ncooked rice mixture. Add a layer of Gruyere and a 1/2 Tablespoon of basil on top of the cheese. Cover cheese with the remaining rice mixture and repeat with another layer of cheese and basil.

- Mix panko with butter and remaining 1/2 Tablespoon basil until fully incorporated. Sprinkle over the top of the casseroles. Place in oven on the top rack. The rice and chicken are already cooked. Time spent in the oven is only to melt the cheese and brown the crumbs. Placing in the top rack will help accelerate the process. About 15-25 minutes depending on your oven.

ALFREDO

½ Cup Butter
1 ½ Cups Heavy Whipping Cream
2 Teaspoons Garlic Minced
½ Teaspoon Italian Seasoning
½ Teaspoon Salt
¼ Teaspoon Pepper
2 Cups Freshly Grated Parmesan Cheese

- Add the butter and cream to a large skillet.
- Simmer over low heat for 2 minutes.
- Whisk in the garlic, Italian seasoning, salt, and pepper for one minute.
- Whisk in the parmesan cheese until melted.