

Chicken and Rice Casserole

½ stick butter

1 small onion, chopped

2 large stems of celery, chopped

2 carrots, peeled and chopped

½ green pepper, chopped

1 cup uncooked quinoa or rice

3 cups low sodium chicken broth

2 chicken boneless breasts cooked (cut in bite size pieces)

Salt and pepper, to taste

Melt butter in a skillet. Add chopped veggies and quinoa. Sauté for 5 minutes. Place all ingredients in small baking dish. Pour chicken broth over all ingredients, should be enough to cover. Cover and bake at 350 for 1 hour. Salt and pepper before serving.