

CHICKEN & VEGETABLE RICE BAKE

INGREDIENTS

ITEM	QUANTITY
• Cooked Chicken Breast, shredded	10 Oz.
• Cooked White Rice	1 Cup
• Zucchini, diced	1 Cup
• Red Bell Pepper	½ Cup
• Cherry Tomatoes	½ Cup
• Olive Oil	1 Tbsp.
• Italian Seasoning	1 Tsp.
• Lactose-Free Mozzarella (Optional)	¼ Cup
• Salt and Pepper	

SERVING SIZE — **HALF OF TOTAL BATCH**

PREPARATION

- Preheat oven to 375°F.
- In a large bowl, combine chicken, rice, zucchini, bell pepper, tomatoes, olive oil, Italian seasoning, salt, and pepper.
- Transfer the mixture into a small baking dish and spread evenly.
- Sprinkle with cheese if using.
- Bake for 20-25 minutes, until heated through and lightly golden on top.
- Allow to cool slightly before dividing into two servings.

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