



Baked Chicken and Rice with Autumn Vegetables

Prep Cook Time: 1 hour

SERVES 4

Ingredients:

- 8 chicken drumsticks or thighs (1 1/4 lb), skin removed
- 1 package (6 oz) original-flavor long-grain and wild rice mix
- 2 cups 1 1/2-inch cubes peeled butternut squash
- 1 medium zucchini, cut lengthwise in half, then cut crosswise into 3/4-inch slices
- 1 medium red bell pepper, cut into 1-inch pieces (1 cup)
- 2 cups water
- 1/2 cup garlic-and-herb spreadable cheese

Steps

1. Bake 25 to 30 minutes or until edges of dough are light golden brown.
2. Heat oven to 425°F. Spray 10-inch skillet with cooking spray; heat over medium-high heat. Cook chicken in skillet about 5 minutes, turning once, until brown. Remove chicken from skillet.
3. In ungreased 13x9-inch pan, mix rice, contents of seasoning packet, squash, zucchini and bell pepper.
4. Add water to skillet; heat to boiling. Pour boiling water over rice mixture; stir to mix. Stir in cheese. Place chicken on rice mixture. Cover pan with foil.
5. Bake about 30 minutes or until liquid is absorbed and juice of chicken is no longer pink when centers of thickest pieces are cut.