

Swiss N' Chicken Vegetable Marinara Rice Bake

Yield: 7 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-rice-and-swiss-cheese-recipe>

Ingredients:

- 2 cups brown rice
- 2 chicken breasts large, cooked and shredded
- 1/4 cup extra virgin olive oil
- 1 onion large, finely diced
- 3 cloves minced garlic
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon ground black pepper freshly
- 2 cups frozen mixed vegetables
- 26 ounces marinara sauce jar
- 1/4 cup Parmesan cheese
- 8 slices swiss cheese

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 62 grams
3. Cholesterol: 55 milligrams
4. Fat: 24 grams
5. Fiber: 6 grams
6. Protein: 24 grams
7. SaturatedFat: 9 grams
8. Sodium: 1120 milligrams
9. Sugar: 10 grams

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