



Chicken and Rice

Ingredients

- | | |
|--|--|
| 2 pounds boneless, skinless chicken breasts, cut into strips | 2 cups reduced sodium chicken broth |
| 1 medium onion, peeled and chopped | 2 (14½-ounce) cans no salt added diced tomatoes, drained |
| 2 green bell peppers, chopped | ½ cup frozen pea and carrot blend |
| 2 jalapeño peppers, seeded and finely chopped | 1 teaspoon each ground cumin and chili powder |
| 3 cloves garlic, finely chopped | ¾ cup brown rice |

Preparation

1. In a nonstick skillet, sauté chicken strips over medium heat until cooked thoroughly, about 10 minutes. Set aside and keep warm.
2. In a large skillet, bring remaining ingredients to a boil. Cover and simmer about 30 minutes, until rice has absorbed liquid.
3. Remove cover from rice mixture, remove from heat, and let stand for 3 to 5 minutes. Arrange chicken over rice and serve.

Peas and carrots add color and provide a healthy addition to this traditional dish.

Makes 6 servings. 1 cup per serving.

Prep time: 15 minutes

Cook time: 40 minutes

Nutrition information per serving:

Calories 331, Carbohydrate 30 g, Dietary Fiber 6 g, Protein 39 g, Total Fat 0 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 91 mg, Sodium 300 mg