

Okie Pride Brown Rice With Chicken and Vegetables

Makes: 6 Servings

“I’m a first generation-born American and proud to be born and raised in the great state of Oklahoma,” says Maya. “I wanted to create a recipe that represents my Pakistani heritage and my lovely state’s homegrown products. My inspirations to cook healthy are my precious 14 year-old twin brothers who have cerebral palsy and also a severe seizure disorder. We found out that certain foods or even too many carbs or sugar can trigger seizures. I thought, wow, if we can help reduce their seizures just by what they eat, then I will definitely help prepare recipes for them. I had no idea that food played that big a part in our health. Ever since we decided to start eating healthy we noticed a huge decrease in their seizures and a bonus is I can focus much better at school.”

Ingredients

- 4 cups** water
- 2 cups** brown rice
- 1 tablespoon** canola oil
- 1/4 cup** chopped onion
- 1 1/2 pounds** boneless skinless chicken breast, cut into small pieces
- 3** garlic cloves, peeled and minced
- 1 teaspoon** grated fresh ginger
- 1/4 teaspoon** turmeric
- 1/2 teaspoon** salt
- 1/4 teaspoon** freshly ground black pepper
- 1/2 teaspoon** cayenne pepper
- 1 teaspoon** paprika
- 2 cups** frozen mixed veggies
- 1 cup** black-eyed peas, rinsed and drained
- 1/2 cup** diced tomatoes
- 3 cups** fresh spinach
- 1 cup** garbanzo beans, rinsed and drained
- 1/2 cup** diced red or green bell pepper
- 1 bunch** fresh cilantro
- 1/2 cup** chopped pecans (optional)



Nutrition Information

Nutrients	Amount
Calories	499
Total Fat	8 g
Saturated Fat	2 g
Cholesterol	70 mg
Sodium	409 mg
Total Carbohydrate	68 g
Dietary Fiber	11 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	37 g
Vitamin D	N/A
Calcium	93 mg
Iron	4 mg

Directions

1. **In a large stockpot**, combine water with the rice and bring to a boil over medium-high heat. Reduce the heat to low, cover, and simmer for 45 minutes or until the rice is tender. Set aside.
2. **Meanwhile, in a large nonstick skillet**, warm the oil over medium heat. Add the onion and chicken and cook for about 7 minutes, or until chicken is cooked through and onions are softened. Add the garlic, ginger, turmeric, salt, pepper, cayenne pepper and paprika, and continue cooking for about 10 minutes. Add the mixed vegetables, black-eyed peas, tomatoes, spinach, garbanzo beans, and pepper and cook for an additional 5 minutes. Add the cooked brown rice and mix thoroughly. Sprinkle on pecans and cilantro as a garnish (optional).

The 2016 Healthy Lunchtime Challenge Cookbook