

Chicken and Spanish Rice

Makes: 5 servings

This skillet dinner calls for cooked chicken. Use leftover chicken that has been properly handled or canned chicken to stretch your food dollars.

Ingredients

- 1 cup onion (chopped)
- 1/4 cup green pepper
- 2 teaspoons vegetable oil
- 1 can tomato sauce (8 oz, low-sodium)
- 1 teaspoon parsley (chopped)
- 1/2 teaspoon black pepper
- 1 1/4 teaspoons garlic (minced)
- 5 cups brown rice (cooked in unsalted water)
- 3 1/2 cups chicken breast (cooked, skin and bone removed, diced)

Directions

1. In a large skillet, sauté onions and green peppers in oil for 5 minutes on medium heat.
2. Add tomato sauce and spices. Heat through.
3. Add cooked rice and chicken. Heat through.

US Department of Health and Human Services, A Healthier You

Nutrition Information

Nutrients	Amount
Calories	424
Total Fat	8 g
Saturated Fat	2 g
Cholesterol	80 mg
Sodium	399 mg
Total Carbohydrate	52 g
Dietary Fiber	5 g
Total Sugars	5 g
Added Sugars included	3 g
Protein	35 g
Vitamin D	N/A
Calcium	56 mg