



Chicken and Spanish Rice

Serving size: 1½ cups

Yield: 5 servings

Ingredients:

1 cup onions, chopped

¼ cup green peppers

2 teaspoons vegetable oil

1 can (8 ounces) tomato sauce*

1 teaspoon parsley, chopped

½ teaspoon black pepper

1¼ teaspoons garlic, minced

5 cups brown rice, cooked in unsalted water

3½ cups chicken breasts, cooked, skin and bone removed, and 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.

*Reduce sodium by using one 4-oz can of no-salt-added tomato sauce and one 4-oz can of regular tomato sauce. New sodium content for each serving is 226 mg.

Nutrition facts (per serving): Calories: 428, Total fat: 52 g, Saturated fat: 2 g, Cholesterol: 80 mg, Sodium: 341 mg, Fiber: 8 g, Protein: 29 g, Carbohydrate: 35 g, Potassium: 545 mg

Source: *A Healthier You*, Centers for Disease Control and Prevention

