



## Chicken Veggie Risotto

Serving Size: 1  $\frac{3}{4}$  cups

### Ingredients:

- 1 Tablespoon vegetable oil
- 1 pound boneless, skinless chicken breast, cut into small pieces
- 1 teaspoon garlic-herb seasoning (salt-free)
- $\frac{1}{2}$  teaspoon black pepper
- $\frac{1}{4}$  teaspoon red pepper flakes
- 1 small onion, thinly sliced
- 1 can (10  $\frac{1}{2}$  oz.) reduced-sodium chicken broth
- $\frac{1}{4}$  cup water
- 1  $\frac{1}{2}$  cup instant brown rice, uncooked
- 1  $\frac{1}{2}$  cup grape tomatoes
- 4 cups baby spinach leaves, washed and patted dry



### Directions:

1. Heat oil in large skillet over medium heat. Sprinkle chicken pieces with seasonings. Add chicken pieces; cover and cook about 10 minutes, stirring frequently until chicken is done.
2. Add onion and stir-fry for about 1 minute. Stir in broth, water, rice, tomatoes, and spinach. Bring to a boil. Reduce heat to low and cover. Simmer about 10 minutes.
3. Turn burner off and let stand for 5 more minutes or until rice absorbs most of the liquid.

Nutrition Facts (per serving): Calories, 280; Fat, 8 g; Cholesterol, 70 g; Sodium, 325 mg; Total Carbohydrate, 25 g; Dietary Fiber, 2 g; Protein 25 g

Source: Texas A&M AgriLife Extension Service



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