

Chicken & Spanish Rice

5 SERVINGS, ABOUT 1-1/2 CUPS EACH



Ingredients:

1 cup onions, chopped
1/4 cup green peppers
2 tsp. canola oil
18 oz. can tomato sauce
1 tsp. parsley, chopped
1/2 tsp. black pepper
1-1/4 tsp. garlic, minced
5 cups cooked rice (cook in unsalted water)
3-1/2 cups chicken breast, cooked (skin and bone removed), diced
Fresh thyme or parsley, chopped

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 and heat through.
4. Garnish with fresh thyme or parsley.

To reduce sodium:

Use one 4 oz. can of no-salt-added tomato sauce and one 4 oz. can of regular tomato sauce. New sodium total = 226 mg.

Per Serving: 406 Calories; 6 grams Total fat; 2 grams Saturated fat; 367 mg Sodium
1-1/2 cups = 3 protein ounces, 3 grain ounces