

CHICK-N-RICE-N-NICE (ARROZ CON POLLO)

Makes 6 servings

Original recipe by Maria Oliveraz (New York)

Ingredients:

- ◆ 2 lbs. boneless, skinless chicken breasts, cut into 6 portions
- ◆ 1 lb. instant (10 minute) brown rice, rinsed
- ◆ 1 (15 fl. oz.) can tomato sauce
- ◆ 1 ½ Tbsp. fresh lime juice (about 1 lime)
- ◆ 2 tsp. olive oil
- ◆ 1 tsp. dried oregano
- ◆ 1 cup water
- ◆ ½ tsp. salt, or to taste
- ◆ ½ tsp. pepper, or to taste
- ◆ 1 (16 oz.) box or bag frozen peas, thawed
- ◆ 2 Tbsp. chopped fresh cilantro (or parsley)

How to make:

Kids: Place the chicken, brown rice, tomato sauce, lime juice, oil and oregano in one pot. Add the water. Sprinkle with salt and pepper.

Adults: Place pot over medium high heat. Bring to a boil, then cover. Reduce heat to low. Simmer for 20 minutes, stirring occasionally, and adding extra water if necessary.

Kids and Adults: Stir in the peas and cilantro. Let cook, covered, 5-10 additional minutes, or until rice is tender. Serve. (Hint: You can reheat the leftovers...just drizzle with water to moisten, or squirt extra lime juice. Cover loosely, and microwave until hot.)

This one-pot meal is simple, low-fat, and full of flavor.
This tastes just as good reheated as leftovers, too.

HEALTHY RECIPE MAKEOVER HOW-TO:



Brown rice is used to boost fiber and plenty of peas are plopped in at the end of the cooking process.

Did you know?

It's OK to choose the instant brown rice. You still get all the whole-grain benefits of regular brown rice, including fiber, but in much less time!

Nutrition Info per serving:

530 Calories, 72 g Carbohydrates, 41 g Protein, 8 g Total fat, 1 g Saturated fat, 85 mg Cholesterol, 7 g Dietary Fiber, 790 mg Sodium, 25% Vitamin A, 25% Vitamin C, 4% Calcium, 15% Iron