



Laura's Chicken & Brown Rice

From the kitchen of Laura Gonzalez, San Antonio

Preparation time: 40-50 minutes

Number of servings: 10

Ingredients:

1 ½ cups brown rice

3-4 cups water

4 chicken breasts (bone and skin removed) cut into pieces

3 carrots, chopped

3 celery sticks, chopped

1 cups cabbage, chopped

2 teaspoon olive oil

1 tablespoon soy sauce (optional)

Preparation:

1. Prepare rice according to package directions.
2. Cook chicken in olive oil for 5 minutes. Add chopped vegetables. Add soy sauce if desired. Cook 3-8 more minutes (longer for more tender vegetables), constantly moving chicken mixture.
3. Add cooked brown rice to chicken and vegetable mixture. Mix well.

*If chicken breast is too dry, try using thighs or drumsticks. They are higher in fat, but still a healthy choice, when skin has been removed.



Nutrition information per serving:

FAT: 11% of calories from fat (low)

FIBER: 2 grams (high)

CALORIES: 165