Patricia’s Chicken with Rice

From the kitchen of Patricia Magana, San Antonio
Preparation time: 40-50 minutes
Number of servings: 6

Ingredients:
1 cups rice (white or brown*)
1 teaspoon vegetable oil
2 cups water
3 chicken breasts cut small
¼ cups onion, chopped small
1 medium tomato, chopped small
½ green pepper, chopped small
1 teaspoon garlic salt
4 ounces tomato sauce (½ small can)

Preparation:
1. Sauté rice in oil until golden, stirring frequently. Add water, chicken, vegetables, garlic salt, and tomato sauce.
2. Cook over medium heat, covered for 20-30 minutes* or until chicken is cooked. If chicken or rice is not done, add more water as necessary to prevent burning.

*TIP
Using brown rice instead of white rice adds more fiber.

Nutrition information per serving:
FAT: 10% of calories from fat (low)
FIBER: 2 grams (high)
CALORIES: 190