

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.

*Brown rice takes about 14-20 minutes longer to cook and takes ½ cup more water.

Nutrition information per serving:

FAT: 10% of calories from fat (low)

FIBER: 2 grams (high)

CALORIES: 190



TIP

Using brown rice instead of white rice adds more fiber.