



One-Pot Chicken and Rice ~ choose one side item to complete your meal

One-Pot Chicken & Rice

4 servings

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| 4, 4-6 oz | Chicken breasts, boneless and skinless |
| ¼ tsp | Lemon pepper |
| ¼ tsp | Paprika |
| ¾ cup | White rice, dry |
| 1 tsp | Fresh oregano, minced (or ½ tsp dried) |
| 2 Tbsp | Lemon juice |
| ½ tsp | Lemon peel, grated |
| 3 cups | Chicken broth |
| 1 Tbsp | Fresh parsley, chopped (or ½ Tbsp dried) |



Sprinkle chicken with lemon pepper and paprika. Spray a large, non-stick skillet with cooking oil spray, then heat to medium high. Add chicken and brown on all sides for about 5 minutes. Add rice and stir it around in the pan for 1-2 minutes. Add all other ingredients except parsley. Bring skillet mixture to a boil; then reduce the heat, cover with a lid and simmer 20-25 minutes. Test rice for doneness. Sprinkle parsley over top of chicken and serve.

Recipe Nutrition per serving (chicken and rice)

385 calories; 47 gm protein; 32 gm carbohydrate; 6 gm total fat; 2 gm saturated fat; 0 trans fat; 121 mg cholesterol; 1 gm fiber; 728 mg sodium

Side Items:

1. Steamed Fresh Cabbage (red or green) – Affordable, staple ingredient: Fresh cabbage

To Make: Wash cabbage. Cut cabbage into 2 “ length pieces and place in a saucepan. Add 1/4 - ½ cup water and cover. Cook on medium heat until cabbage is fork-tender. Drain water and dust with salt & pepper to taste.

2. Onion Flavored Green Beans or Broccoli – Affordable, staple ingredient: LFS Frozen Green Beans or LFS Frozen Broccoli Cuts

To Make: Chop up ½ small onion for topping. Cook frozen green beans or broccoli according to package directions. Drain water. Add onions to the top. Dust with salt and pepper to taste.

3. Orangey Carrots – Affordable, staple ingredient: Fresh carrots

To Make: Peel and wash carrots. Cut each carrot into coin-shaped pieces, about ½ “ wide. Place in a saucepan and cover with water. Cook on medium high until carrots are fork-tender. Drain water. Add ¼ cup orange juice and/or 1 tsp orange zest and stir.