

Chicken with Rice and Stewed Tomatoes

Ingredients:

2 cups brown rice
 1 tablespoon vegetable oil
 4 chicken breast halves, skinless
 1 onion
 2 celery stalks
 1 green pepper
 2 cloves garlic
 14 ounces tomatoes, low sodium,
 canned, diced
 1 cup chili sauce
 1 teaspoon dried basil
 1 teaspoon dried parsley
 1/4 teaspoon cayenne pepper
 1/4 teaspoon salt

Equipment:

Cutting board
 Knife
 Non stick skillet with lid
 Spatula
 Measuring cups
 Measuring spoons

Number of Servings: 8
 Prep Time: 30 minutes
 Total Time: 1 hour

Directions

1. Prepare brown rice according to package directions. Heat oil on medium in nonstick skillet until hot.
2. Meanwhile, cut chicken into bite size pieces, removing any fat or skin on chicken. Add to skillet and cook on medium for about 10 minutes, stirring occasionally so that all sides cook.
3. Cut the ends off of the onion, and peel off the brown layers. Cut the onion in half lengthwise and place the flat side on the cutting board. Slice in thin strips keeping onion together. Turn and dice. Chop up and large pieces. Add to skillet.
4. Cut off both ends of washed celery and cut into shorter lengths. Cut wider pieces in half lengthwise so that all the pieces are about the same size. Cut across the ends until all pieces are chopped up. Add to skillet.
5. Take washed green pepper and slice in halve through the core. Remove the core, seeds, and membranes. Slice the pepper in 1/4" strips. Turn and dice. Add to skillet.
6. Place garlic cloves on a cutting board, and lay flat part of knife on top. Use heel of hand and slap knife to break the tough skin of clove. Peel off skin, and chop garlic into small pieces. Add to skillet.
7. When chicken is done, reduce heat and add tomatoes, chili sauce, basil, parsley, cayenne pepper and salt.
8. Bring to a boil, then reduce heat to low. Simmer, covered for 5 minutes. Serve over rice.

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Nutrition Facts

Serving Size: 1/2 cup rice & 1/2 cup chicken
 Servings: 8

Amount Per Serving		Calories from Fat 36	
		%Daily Value*	
Calories	280		
Total Fat	4g	6%	
Saturated Fat	1g	3%	
Cholesterol	34mg	11%	
Sodium	129mg	5%	
Total Carbohydrate	43g	14%	
Dietary Fiber	3g	11%	
Protein	18g	37%	
Vitamin A	54%	Vitamin C	72%
Iron	11%	Calcium	5%

*Percent Daily Values are based on a 2,000 calorie diet.

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