

# Chicken and Spanish Rice

## Ingredients:

- 1 cup chopped onions
- ¼ cup green peppers
- 2 teaspoons vegetable oil
- 1 (8 ounce) can low-sodium tomato sauce
- 1 teaspoon chopped parsley
- ½ teaspoon black pepper
- 1¼ teaspoons minced garlic
- 5 cups brown rice, cooked in unsalted water
- 3½ cups cooked chicken breast, skinless, boneless, and diced

## Preparation:

1. In a large skillet, sauté onions and green peppers in oil for 5 minutes on medium heat.
2. Add tomato sauce and spices. Heat thoroughly.
3. Add cooked rice and chicken. Heat until all ingredients are warmed.

Yields 5 servings

Nutritional Information Per Serving: 420 calories, 37g protein, 51g carbohydrate (5g fiber), 7g fat, 85mg cholesterol, 320mg sodium

Source: U.S. Department of Agriculture

