

Chicken and Spanish Rice



Makes 5 servings (1½ cup)

- 1 C onions, chopped
- ¾ C green peppers
- 2 tsp vegetable oil
- 1 8-oz. can tomato sauce (or one 4-oz. can of low-sodium tomato sauce plus one 4-oz. can of regular tomato sauce to reduce sodium)
- 1 tsp parsley, chopped
- ½ tsp black pepper
- 1¼ tsp garlic, minced
- 5 C cooked brown rice (cook in unsalted water)
- 3½ C chicken breasts, cooked, skin and bone removed, and diced

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 through.
3. Add cooked rice and chicken; heat through.



NUTRITIONAL INFORMATION (PER SERVING):

Calories: 428

Total Fat: 8g

Saturated fat: 2g

Cholesterol: 80mg

Sodium: 341mg

Protein: 35g

Carbohydrate: 52g