A Kansas SNAP-Ed **EZ Does it** Recipe

**Chicken and Rice**

Servings: 6

**Ingredients:**
- 2 tablespoons vegetable oil
- 3 cups skinless, boneless chicken breast (cubed)
- 1 green pepper (chopped)
- 1 onion (chopped)
- 3 garlic cloves (minced)
- 2 tomatoes (chopped)
- 2 cups chicken broth (low-sodium)
- 1 cup rice (uncooked)
- 1 cup peas
- salt and pepper, to taste

**Remember to wash your hands with soap and warm water before and after cooking.**

**Directions:**
1. In a large skillet heat oil and brown chicken on both sides.
2. Add green pepper, onion, and garlic and cook for about 5 minutes.
3. Add tomato, chicken broth, salt and pepper to taste.
4. Cover and cook for 20 minutes.
5. Add rice, stir well, cover and simmer for 20-30 minutes longer, or until all liquid has been absorbed and chicken is tender.
6. Add peas, cook until hot, about 5 minutes.

**Nutrition Facts:** Each one cup serving provides 200 Calories, 4g Total Fat, 1g Saturated Fat, 70mg Sodium, 31g Total Carbohydrate, 3g Dietary Fiber, 11g Protein