

CHICKEN
AND RICE
CASSEROLE
WITH SUMMER
VEGETABLES

1 T vegetable oil
1 medium onion, *chopped*
2 cloves garlic, *minced*
1 red sweet pepper, *chopped*
1 medium zucchini, *chopped*
1 lb. chicken breast meat,
trimmed and cut into
3-inch pieces

2 medium tomatoes, *chopped*
1 cup brown rice
3 cups unsalted chicken broth
1 tsp. salt
1/2 tsp. freshly ground pepper
3 T chopped parsley

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Coat the bottom of a large, heavy-bottom saucepan with the vegetable oil. Add the onion, garlic, red pepper and zucchini to the pan. Cook over low heat, stirring occasionally, until the vegetables are very soft, about 5 minutes. Add the chicken and turn the heat up to medium-high. Stir until the chicken is cooked lightly on all sides. Add the tomatoes, rice, chicken broth and salt. Bring the broth to a boil and then adjust the heat to maintain a slow simmer. Let the casserole simmer until the rice is tender, about 45 minutes. Stir in the pepper and the parsley and serve. Serves 6.

NUTRITIONAL INFORMATION PER SERVING:

Calories	321	Total Fat	7g
Carbohydrates	39g	Saturated Fat	1g
Protein	24g	Sodium	503mg
Cholesterol	50mg	Dietary Fiber	3g