

# Chicken & Spanish Rice

5 SERVINGS, ABOUT 1-1/2 CUPS EACH



## Ingredients:

- 1 cup onions, chopped
- 1/4 cup green peppers
- 2 tsp. canola oil
- 1 8 oz. can tomato sauce
- 1 tsp. parsley, chopped
- 1/2 tsp. black pepper
- 1-1/4 tsp. garlic, minced
- 5 cups cooked rice (cook in unsalted water)
- 3-1/2 cups chicken breast, cooked (skin and bone removed), diced
- Fresh thyme or parsley, chopped

## Directions:

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 and heat through.
4. Garnish with fresh thyme or parsley.

### **To reduce sodium:**

Use one 4 oz. can of no-salt-added tomato sauce and one 4 oz. can of regular tomato sauce. New sodium total = 226 mg.

*Per Serving:* 406 Calories; 6 grams Total fat; 2 grams Saturated fat; 367 mg Sodium  
1-1/2 cups = 3 protein ounces, 3 grain ounces