

Chicken & Spanish Rice

What you need:

- 1 cup onions, chopped
 - 1/4 cup green peppers
 - 2 teaspoon vegetable oil
 - 1 can (8 oz) tomato sauce*
 - 1 teaspoon parsley, chopped
 - 1/2 teaspoon black pepper
 - 1 1/4 tsp garlic, minced
 - 5 cup cooked rice (in unsalted water)
 - 3 1/2 cup chicken breast, cooked, skin and bone removed, diced
- *Reduce sodium by using one 4-oz can of no salt added tomato sauce and one 4-oz can of regular tomato sauce. New sodium content for each serving is 226 mg.



(over for directions, nutritional information)

Chicken & Spanish Rice (continued)

How to make:

In large skillet, sauté onions and green peppers in oil for 5 minutes on medium heat. Add tomato sauce and spices. Heat through. Add cooked rice and chicken, and heat through.

Nutrition Information (Yield: 5 servings, Serving size: 1 1/2 cups):

Calories: 406

Total fat: 6 g

Saturated fat: 2 g

Cholesterol: 75 mg

Sodium: 367 mg

Total fiber: 2 g

Protein: 33 g

Carbohydrates: 52 g

Potassium: 527 mg



Recipe courtesy of National Heart, Lung, and Blood Institute:
<http://www.nhlbi.nih.gov>