



aprons

Cowboy Chicken and Rice



INGREDIENTS

- 1 (10-oz) box frozen chopped spinach, thawed
- 2 small tomatoes, chopped (about 1 cup)
- 1 1/2 lb boneless, skinless chicken breasts
- 1 1/2 teaspoons roasted garlic-herb seasoning
- 1 tablespoon red wine vinegar
- 1 tablespoon extra-virgin olive oil
- 1 (2-ct, 8.8-oz) package precooked brown rice
- 2 cups frozen corn kernels, thawed
- 1 (15.5-oz) can white chili beans

STEPS

1. Microwave spinach 1–2 minutes or until thawed; squeeze spinach to remove excess liquid. Chop tomatoes roughly. Cut chicken into small, 1/2-inch pieces (wash hands); combine with seasoning and vinegar until blended.
2. Preheat large, nonstick sauté pan on medium-high 1–2 minutes. Place oil in pan, then add chicken; cook 3–4 minutes, stirring occasionally, or until chicken is browned. Add rice, corn, and tomatoes to pan; cook 2 minutes.
3. Stir in spinach and beans; simmer 2–3 more minutes or until steaming and chicken is 165°F. Serve.

NUTRITIONAL INFORMATION

CALORIES (per 1/6 recipe) 340kcal; FAT 7.00g; SAT FAT 1.50g; TRANS FAT 0.00g; CHOL 65mg; SODIUM 450mg; CARB 39g; FIBER 7.00g; SUGARS 3g; PROTEIN 30g; CALC 8%; VIT A 35%; VIT C 25%; IRON 15%