



## Chicken, Rice, & Vegetables...

*John made this for me on our first date. Needless to say, I was quite impressed. A man that can cook...how wonderful!!!*

### **Ingredients:**

- 2 lb. Boneless, Skinless Chicken Breasts
- 1 cup (uncooked) Instant Brown Rice
- 4 cups raw Broccoli and Carrots mixed
- 2-15 oz. cans No Salt Added Italian Stewed Tomatoes
- Your choice of seasonings: Italian Seasoning, Oregano, Basil, and/or Garlic Powder
- Non-stick Spray
- 4 T Grated Parmesan Cheese

### **Directions:**

Preheat oven to 375<sup>0</sup> F. Clean and prepare vegetables, set aside. In large Pyrex baking dish, coat bottom with cooking spray. Sprinkle your choice of seasonings over bottom of dish. Add rice to dish, spread to cover entire bottom. Place 1 piece of chicken in each corner of dish. In center, arrange vegetables around chicken. Sprinkle again with your choice of seasonings. Add stewed tomatoes to cover chicken & vegetables. Top with Parmesan cheese and seasonings, if desired. Bake at 375<sup>0</sup> for 35-45 minutes. Do not overcook!! **Serves 4**

### **Nutrition Facts Per Serving (~4 oz, Chicken, 1 Cup of Vegetables, 3/4 Cup of Rice):**

Calories	500	Saturated Fat	2 gm	Carbohydrate	54 gm
Fat	8 gm	Sodium	300 mg	Fiber	10 gm

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