

Chicken

Apple Glazed Chicken with Butter Pecan Rice

Success Rice

Servings: 4

1 bag (16 oz) white rice
2 teaspoons unsalted butter, divided
4 4-ounce boneless/skinless chicken breasts
1/2 teaspoon salt-free seasoning
1/2 cup apple cider
1 teaspoon Dijon mustard
1/2 cup pecan pieces
1/2 teaspoon salt
2 tablespoons fresh parsley, chopped

Prepare rice according to package directions.

In a large skillet over medium heat, melt one teaspoon butter. Season chicken breasts with salt-free seasoning. Saute' chicken 4 minutes on each side or until cooked through. Remove chicken from skillet and keep warm.

Add cider and Dijon mustard to skillet and simmer 3 minutes. Return chicken to pan and coat with sauce; remove from heat.

In a medium saucepan, melt remaining butter . Add pecans and stir until lightly toasted. Add cooked rice and salt and toss to combine.

Serve rice topped with chicken and sauce. Garnish with parsley.

Per Serving (excluding unknown items): 202 Calories; 2g Fat (10.6% calories from fat); 3g Protein; 41g Carbohydrate; 1g Dietary Fiber; 5mg Cholesterol; 287mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.