

**Chicken**

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# **Cajun Chicken & Rice Recipe**

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**Servings: 6**

**Preparation Time: 5 minutes**

**Start to Finish Time: 18 minutes**

**2 links (6 oz) andouille or other smoked sausage, sliced**

**1 onion, quartered and sliced**

**2 small bell peppers, sliced**

**8 ounces chicken tenders, cut up**

**2 packets (6.4 oz ea) Cajun Sides Red Beans & Rice**

**4 cups water**

**3 scallions, sliced**

Heat a large nonstick skillet over medium heat.

Add the sausage and onion. Cover and cook for 3 minutes, stirring occasionally, until the sausage is lightly browned.

Add the peppers. saute' for 2 minutes.

Add the chicken. saute' for 1 minute.

Stir in both rice mixes and water. Bring to a boil.

Cover and cook for 7 minutes or until the rice is tender and the chicken is cooked through.

Remove from the heat. Stir in the scallions.

Serve with your favorite hot sauce.

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Per Serving (excluding unknown items): 58 Calories; trace Fat (6.0% calories from fat); 9g Protein; 5g Carbohydrate; 1g Dietary Fiber; 19mg Cholesterol; 74mg Sodium. Exchanges: 1 Vegetable.