
Chicken & Yellow Rice

Tom Mullen

Servings: 6

Preparation Time: 10 minutes

Start to Finish Time: 35 minutes

3 pkg (5 oz) VIGO yellow rice

2 cans (14 oz) chicken broth

4 tablespoons margarine

3/4 pound breaded frozen chicken tenders

1 cup baby carrots, sliced thinly

1 cup green onions, chopped

1 cup celery, chopped

2 garlic cloves, finely chopped

Cook chicken tenders per package instructions. Slice cooked chicken into 1/2-inch chunks.

Prepare vegetables as indicated.

In a large pot, bring chicken broth to a boil. Add margarine, rice and vegetables. Boil for one additional minute then reduce heat to simmer. Cover pot tightly and simmer for 23 minutes.

Remove from heat and let stand for two minutes before serving.

Per Serving (excluding unknown items): 105 Calories; 8g Fat (69.1% calories from fat); 3g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 377mg Sodium. Exchanges: 0 Lean Meat; 1 Vegetable; 1 1/2 Fat.