

Chicken

Chicken Carrot Pilaf

Taste of Home One-Dish Meals

Servings: 6

1 pound boneless/ Skinless Chicken Breasts, cut into thin strips

1/4 cup butter, cubed

1 1/2 cups long grain rice, uncooked

5 medium carrots, sliced

1 medium onion, chopped

1/2 cup fresh mushrooms, sliced

1/4 cup sweet red pepper, chopped

4 cups chicken broth

2 tablespoons fresh parsley, minced

In a large skillet, brown chicken in butter until no longer pink. Remove and keep warm.

In the same skillet, add the rice, carrots, onion, mushrooms and red pepper. Cook and stir until rice is browned and onion is tender.

Stir in broth. Place the chicken over rice mixture. Bring to a boil. Reduce heat; cover and simmer for 20 to 25 minutes or until rice is tender. Stir in parsley.

Let stand for 5 minutes before serving.

Per Serving (excluding unknown items): 130 Calories; 9g Fat (59.6% calories from fat); 4g Protein; 9g Carbohydrate; 2g Dietary Fiber; 21mg Cholesterol; 609mg Sodium. Exchanges: 1/2 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat.