

## Chicken

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# Chicken Rice Skillet

Taste of Home One-Dish Meals

**Servings: 4**

**4 4-ounce boneless/ skinless chicken breasts**  
**2 tablespoons canola oil**  
**2 ribs celery, chopped**  
**4 green onions, thinly sliced**  
**1/2 cup sweet red pepper, chopped**  
**1/2 cup sweet yellow pepper, chopped**  
**2 cups frozen green beans, thawed**  
**1 jar (4 1/2-oz) sliced mushrooms, drained**  
**1 can (14 1/2-oz) chicken broth**  
**1/4 cup water**  
**2 cloves garlic, minced**  
**1/2 teaspoon salt**  
**1/4 teaspoon lemon-pepper seasoning**  
**1/8 teaspoon garlic powder**  
**1/8 teaspoon pepper**  
**2 cups instant rice, uncooked**

In a large skillet, cook chicken over medium heat in oil for 3 to 4 minutes on each side or a meat thermometer reads 170 degrees.

Add the celery, onions and peppers; cook until vegetables are crisp-tender. Stir in beans and mushrooms until heated through.

Stir in the broth, water and seasonings. Bring to a boil. Stir in rice; cover and remove from the heat.

Let stand for 5 minutes or until rice is tender; fluff rice with a fork.

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Per Serving (excluding unknown items): 295 Calories; 8g Fat (23.0% calories from fat); 7g Protein; 50g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 484mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 2 Vegetable; 1 1/2 Fat.