

Chicken

Chicken and Rice

Servings: 6

Exchanges: One serving = 3 lean meat, 2 bread, 1 vegetable, omits 1/2 fat.

1 pound skinless boneless chicken breast, cut into 1" strips
1 medium onion, quartered
2 green peppers, chopped
1 jalapeno pepper, seeded and chopped
2 cloves garlic, minced
2 tablespoons fresh coriander, chopped
2 cups chicken broth
1 cup canned Italian plum tomatoes, crushed and drained
1 teaspoon ground cumin
1 teaspoon chili powder
3/4 cup long grain brown rice (or yellow rice)
pinch salt
dash cayenne
1 cup green peas (fresh or frozen)
1 tablespoon sliced pimientos
1 tablespoon capers, rinsed and drained

Saute' chicken strips in nonstick skillet until white, about five minutes. Set aside and keep warm.

In a large skillet, mix onion, green peppers, jalapeno pepper, garlic, coriander, chicken stock, plum tomatoes, cumin, chili powder, rice, salt, and cayenne. Bring to a boil. Cover and simmer about 30 minutes, until rice has absorbed liquid.

Add peas, remove from heat, and let steam.

Arrange chicken and sauce over rice, garnished with pimientos and capers.

Per Serving (excluding unknown items): 119 Calories; 2g Fat (12.9% calories from fat); 20g Protein; 5g Carbohydrate; 1g Dietary Fiber; 44mg Cholesterol; 323mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Fat; 0 Other Carbohydrates.