

Chicken

Citrus Chicken and Rice

Campbell's Kitchen

Servings: 4

Preparation Time: 5 minutes

Start to Finish Time: 35 minutes

4 4-ounce skinless/ boneless chicken breasts

1 3/4 cups chicken broth

3/4 cup orange juice

1 medium (1/2 cup) onion, chopped

1 cup regular long-grain white rice, uncooked

3 tablespoons fresh parsley, chopped

Cook the chicken in a 10-inch nonstick skillet over medium-high heat for 10 minutes or until it's well-browned on both sides. Remove from skillet.

Stir the broth, orange juice, onion and rice into the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 10 minutes.

Return the chicken to the skillet. Cover and cook for 10 minutes or until the chicken is cooked through and the rice is tender. Stir in the parsley.

Per Serving (excluding unknown items): 49 Calories; 1g Fat (13.7% calories from fat); 3g Protein; 8g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 337mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit.