

Cowboy Chicken and Rice

Publix Aprons

Servings: 6

1 can (14.5 ounce) seasoned collard greens

2 small (one cup) tomatoes, chopped

1 1/2 pounds boneless/ skinless chicken breasts

1 1/2 teaspoons roasted garlic & herb seasoning

1 tablespoon red wine vinegar

1 tablespoon extra-virgin olive oil

1 pkg ((2 ct, 8.8 oz ea) brown rice

2 cups corn kernels, thawed if frozen

1 can (15.5 ounce) white chili beans

Drain the greens. Discard the liquid. Chop the tomatoes roughly. Cut the chicken into small 1/2-inch pieces (wash hands).

In a bowl, combine the greens, tomatoes, chicken, seasoning and vinegar until blended.

Preheat a large, nonstick saute' pan on medium-high heat for 1 to 2 minutes. Place the oil in the pan. Add the chicken. Cook for 3 to 4 minutes, stirring occasionally, or until the chicken is browned.

Add the rice, corn and tomatoes to the pan. Cook for 2 minutes.

Stir in the greens and beans. Simmer for 2 to 3 more minutes, or until steaming and the chicken is 165 degrees.

Serve.

Start to Finish Time: 20 minutes

Serve with a fresh salad blend, gluten-free dinner rolls, unsweetened coconut water and fresh cut fruit. Top with crushed red pepper or your favorite hot sauce for a zestier meal.

Per Serving (excluding unknown items): 187 Calories; 3g Fat (16.0% calories from fat); 4g Protein; 37g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	187	Vitamin B6 (mg):	.3mg
% Calories from Fat:	16.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	75.4%	Thiamin B1 (mg):	.2mg

% Calories from Protein: 8.6%
Total Fat (g): 3g
Saturated Fat (g): 1g
Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 0mg
Carbohydrate (g): 37g
Dietary Fiber (g): 2g
Protein (g): 4g
Sodium (mg): 8mg
Potassium (mg): 259mg
Calcium (mg): 15mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 10mg
Vitamin A (i.u.): 255IU
Vitamin A (r.e.): 25 1/2RE

Riboflavin B2 (mg): .1mg
Folacin (mcg): 29mcg
Niacin (mg): 2mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 2 1/2
Lean Meat: 0
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 187 **Calories from Fat:** 30

% Daily Values*

Total Fat	3g	5%
Saturated Fat	1g	3%
Cholesterol	0mg	0%
Sodium	8mg	0%
Total Carbohydrates	37g	12%
Dietary Fiber	2g	9%
Protein	4g	
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Vitamin A		5%
Vitamin C		16%
Calcium		1%
Iron		5%

* Percent Daily Values are based on a 2000 calorie diet.