

## Chicken

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# Lemon-Broccoli Rice with Chicken

Philadelphia Cream Cheese

**Servings: 4**

**Preparation Time: 15 minutes**

**Start to Finish Time: 24 minutes**

**1 tablespoon oil**

**1 pound boneless, skinless chicken breast, cut into strips**

**1 centiliter garlic, minced**

**1/4 teaspoon ground black pepper**

**1 tub (10 oz) Philadelphia Original cooking creme**

**2 cups frozen broccoli, thawed**

**2 teaspoons lemon zest**

**2 cups hot cooked rice**

Heat oil in a large skillet on medium-high heat. Add chicken, garlic and pepper; cook 5 to 6 minutes or until chicken is done, stirring frequently.

Add cooking creme and broccoli; cook and stir for 2 minutes. Stir in lemon zest.

Serve over rice.

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Per Serving (excluding unknown items): 173 Calories; 4g Fat (20.0% calories from fat); 5g Protein; 30g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 21mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Vegetable; 0 Fruit; 1/2 Fat.