

Chicken

Skillet Arroz Con Pollo

Taste of Home One-Dish Meals

Servings: 4

1 medium onion, chopped
1 medium sweet red pepper, cut into 1/2-inch pieces
1 clove garlic, minced
2 teaspoons olive oil
1 cup long grain rice, uncooked
1 can (14 1/2 oz) reduced-sodium chicken broth
1/4 cup sherry or water
1/2 teaspoon lemon peel, grated
1/4 teaspoon salt
1/4 teaspoon cayenne pepper
2 cups cooked chicken breast half, cubed
1 cup frozen peas, thawed
1/4 cup sliced ripe olives, drained
2 tablespoons fresh cilantro, minced

In a large nonstick skillet coated with cooking spray, saute' the onion, red pepper and garlic in oil for 1 minute. Add rice; cook and stir for 4 to 5 minutes or until lightly browned.

Stir in the broth, sherry or water, lemon peel, salt and cayenne. Bring to a boil. Reduce heat; cover and simmer for 15 minutes.

Stir in the chicken, peas and olives. Cover and simmer 3 to 6 minutes longer or until rice is tender and chicken is heated through.

Sprinkle with cilantro.

Per Serving (excluding unknown items): 257 Calories; 10g Fat (35.5% calories from fat); 31g Protein; 10g Carbohydrate; 3g Dietary Fiber; 80mg Cholesterol; 243mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat.