

# Cheesy Chicken Monterey

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## Servings: 4

1 package Knorr chicken-flavor rice sides  
1 can (11 ounce) Green Giant corn, drained  
1 can (11 ounce) Progresso black beans, rinsed and drained  
1 can (4 ounce) Old El Paso chopped green chilies, undrained  
1 Tablespoon vegetable oil  
1 pound boneless/skinless chicken breasts, thinly sliced  
1 cup (4 ounce) Monterey Jack cheese, shredded

## Preparation Time: 10 minutes

## Cook Time: 10 minutes

Prepare the rice according to package directions.

Stir in the corn, black beans and chilies.

Meanwhile, heat the vegetable oil in a 12-inch nonstick skillet over medium-high heat. Cook the chicken, stirring frequently, for 4 minutes or until the chicken is thoroughly cooked.

Arrange the rice mixture on a serving platter. Top with the chicken and cheese.

Per Serving (excluding unknown items): 136 Calories; 12g Fat (79.1% calories from fat); 7g Protein; trace Carbohydrate; 0g Dietary Fiber; 25mg Cholesterol; 152mg Sodium. Exchanges: 1 Lean Meat; 2 Fat.

Chicken

## Per Serving Nutritional Analysis

Calories (kcal):	136
% Calories from Fat:	79.1%
% Calories from Carbohydrates:	0.6%
% Calories from Protein:	20.3%
Total Fat (g):	12g
Saturated Fat (g):	6g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	25mg
Carbohydrate (g):	trace
	0g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	5mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

## Food Exchanges

0  
1

Dietary Fiber (g):  
 Protein (g): 7g  
 Sodium (mg): 152mg  
 Potassium (mg): 23mg  
 Calcium (mg): 211mg  
 Iron (mg): trace  
 Zinc (mg): 1mg  
 Vitamin C (mg): 0mg  
 Vitamin A (i.u.): 268IU  
 Vitamin A (r.e.): 80 1/2RE

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

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 136      **Calories from Fat:** 107

### % Daily Values\*

<b>Total Fat</b>	12g	18%
Saturated Fat	6g	29%
<b>Cholesterol</b>	25mg	8%
<b>Sodium</b>	152mg	6%
<b>Total Carbohydrates</b>	trace	0%
Dietary Fiber	0g	0%
<b>Protein</b>	7g	

<b>Vitamin A</b>	5%
<b>Vitamin C</b>	0%
<b>Calcium</b>	21%
<b>Iron</b>	1%

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