

Taste of Home



Southwest Chicken and Rice Recipe

★★★★☆

With brown rice, whole grains, tomatoes and corn, this super-fast meal is such a tasty way to get your family to eat more fiber...they won't even realize it's good for them! —Penny Hawkins, Mebane, North Carolina

TOTAL TIME: Prep/Total Time: 10 min.

YIELD: 4 servings

Ingredients

2 packages (8-1/2 ounces each) ready-to-serve Santa Fe whole grain rice medley

2 packages (6 ounces each) ready-to-use Southwestern chicken strips, cut into chunks

1 can (10 ounces) diced tomatoes and green chilies, drained

1/2 cup shredded Monterey Jack cheese

Directions

1. Heat rice according to package directions. In a 2-qt. microwave-safe dish, combine chicken and tomatoes; stir in rice. Cover and microwave on high for 2-3 minutes. Sprinkle with cheese; cook 1 minute longer or until cheese is melted. **Yield:** 4 servings.

Editor's Note: This recipe was tested in a 1,100-watt microwave.

Nutritional Facts

1-1/2 cups: 340 calories, 10g fat (4g saturated fat), 68mg cholesterol, 1292mg sodium, 35g carbohydrate (1g sugars, 4g fiber), 28g protein.

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