



Spanish Rice & Garlic Chicken

Info:

Makes 4 Servings 310 Calories per Serving



Ingredients:



Rice:

- ❖ 1 Box Rice-a-Roni Spanish Rice (or your favorite brand)
- ❖ 1 Medium Yellow Onion, coarsely chopped
- ❖ 1 14oz Can Diced Tomatoes & Jalapenos with juice
- ❖ 1 14oz Can Diced Tomatoes with juice
- ❖ 1 Clove Garlic, minced
- ❖ Cayenne Pepper, to taste
- ❖ Crushed Red Pepper Flakes, to taste
- ❖ Cooking Spray

Chicken:

- ❖ 1 lb Chicken Breast, cut into strips, then halved into short strips
- ❖ 1/3 Cup Water
- ❖ 1 tsp Dry Chicken Broth/Bullion
- ❖ 1 tsp Salt
- ❖ 1 tsp Garlic Powder
- ❖ 1 tsp Onion Powder
- ❖ 5 Cloves Garlic, minced

Preparation:



1. 2 to 4 hours prior to cooking, marinate the chicken strips in a Ziploc bag with the water, chicken bullion, salt, garlic powder and onion powder.
2. Prepare the Spanish Rice in a deep skillet or large pot according to directions on box, but substitute cooking spray for butter.
3. In a separate pan sauté garlic and onions until tender.
4. When the box says to add tomatoes, add onions and garlic as well, cover and simmer.
5. Add spices to taste.
6. For the chicken, spray frying pan and sauté garlic for 1 minute over med to med-high heat
7. Add chicken and sauté 2-3 minutes, flip and sauté another 2 minutes or until no longer pink.
8. Add to rice, serve hot!