

Spanish Rice with Chicken



Ingredients:

- 1 cup onions, diced
- 3/4 cup green peppers, diced
- 2 teaspoons canola oil
- 8 ounce can low-sodium tomato sauce
- 1 teaspoon dried parsley
- 1/2 teaspoon black pepper
- 1 1/4 teaspoon garlic, minced
- 5 cups cooked brown rice
- 3 1/2 cups cooked chicken breast

Directions:

1. In a large skillet over medium heat, sauté onions and green peppers in oil for 5 minutes.
2. Stir in tomato sauce and spices. Add cooked rice and chicken. Heat until warm.

Makes 5 servings.



Tarrant County Public Health
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