

CHICKEN WITH VEGETABLES AND RICE

3 servings, 1 cup each

INGREDIENTS		DIRECTIONS	
1 can carrots, drained, about 15 ounces		<ol style="list-style-type: none">1. Combine carrots, chicken, bouillon and ½ cup water in medium-size saucepan. If using basil, add that too. Bring to boil.2. Stir in rice; then add peas. Remove from heat.3. Cover and let stand 2 minutes.4. Stir gently and serve.	
1 cup cooked chicken, about 5-6 ounces (diced)			
1/2 chicken bouillon cube (or 1/2 teaspoon instant chicken bouillon granules)			
1/2 teaspoon basil (dried, if you like)			
1/2 cup water			
1 cup white rice (cooked)			
1 cup low-sodium green peas, about 8 1/2 ounces (8 1/2 ounce can, drained)			
Nutrition Summary for 1 serving (1 cup) of Chicken with Vegetables and Rice			
Calories	230	Sodium	412 g
Total Fat	2 g	Carbohydrates	33 g
Saturated Fat	1 g	Dietary Fiber	6 g
Cholesterol	35 mg	Protein	19 g