

# Chicken Rio Over Rice



*Smart Cuisine, Carb Smart, and Sodium Smart.*

**4 servings**

Great tasting chicken vegetable stew.

| Ingredients:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Instructions:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| <p>1lb cooked rice<br/>           1.5oz butter<br/>           1.5oz flour<br/>           2 cup 2% milk, scalded<br/>           1/8<sup>th</sup> tsp salt<br/>           ½ tsp Garlic, minced<br/>           ½ tsp Cilantro leaves, chopped<br/>           1 tsp Lime juice<br/>           ½ tsp Red Hot Pepper Sauce<br/>           12oz Chicken Tenders, raw un-breaded for a healthier version.<br/>           4oz Zucchini, sliced ¼"<br/>           4oz Mushrooms, sliced ¼"<br/>           4oz Red Bell Pepper, Sliced longwise and halved<br/>           4oz Carrots, shredded.<br/>           4 tsp Olive oil</p> | <p>Prepare rice according to package instructions.<br/>           In a skillet heat butter. Gradually add flour. Stir with a whip and cook over low heat for 10 minutes stirring often. Gradually add milk, stirring constantly until smooth. Add salt, garlic, cilantro, lime juiced and hot sauce. Stir until well-blended. Remove from stove top.<br/>           Grill chicken or sauté in a skillet a couple of minutes on each side until internal temperature reaches 165<sup>0</sup> F. Remove chicken from skillet. Heat oil in the skillet and add zucchini, mushrooms, red peppers, and carrots. Sauté for a few minutes, add chicken and sauce to the vegetable mixture and warm it through. You can mix in the rice or just serve on top of rice.</p> |

**Nutrition Facts per serving** – 410 calories, 16g fat, 4g Sat. fat, 0g Trans fat, 45mg Cholesterol, 580mg Sodium, 43g Carbs, 3g Fiber, 10g Sugar – no added sugar, 25g Protein.