

# Arroz con Pollo (Spanish-Style Rice with Chicken)

## Ingredients

- 2 Tbsp. olive oil
- 2 medium onions, chopped
- 6 cloves garlic, minced
- 2 stalks celery, diced
- 2 medium red/green peppers, cut into strips
- 1 cup mushrooms, chopped
- 2 cups uncooked whole grain rice
- 3 pounds boneless chicken breast, cut into bite-sized pieces, skin removed
- 1 1/2 tsp. salt (optional)
- 2 1/2 cups low-fat chicken broth
- Saffron or Sazón™ for color
- 3 medium tomatoes, chopped
- 1 cup frozen peas
- 1 cup frozen corn
- 1 cup frozen green beans
- Olives or capers for garnish (optional)

## Directions:

Heat olive oil over medium heat in a non-stick pot. Add onion, garlic, celery, red/green pepper, and mushrooms. Cook over medium heat, stirring often, for 3 minutes or until tender. Add whole grain rice and sauté for 2–3 minutes, stirring constantly to mix all ingredients. Add chicken, salt, chicken broth, water, Saffron/Sazón™, and tomatoes. Bring water to a boil. Reduce heat to medium-low, cover, and let the casserole simmer until water is absorbed and rice is tender, about 20 minutes. Stir in peas, corn, and beans and cook for 8–10 minutes. When everything is hot, the casserole is ready to serve. Garnish with olives or capers, if desired.

## Reference:

National Diabetes Education Program. Tasty Recipes for People with Diabetes and Their Families. Available at: <http://www.ndep.nih.gov/publications/OnlineVersion.aspx?Ndepld=NDEP-51#page3>. Last update: September 2008. Accessed 2/10/10.

<b>Serving Size:</b> 1 1/2 cup	
<b>Each serving provides:</b>	
Calories:	400
Total Fat:	7g
Saturated Fat:	1.5g
Trans Fat:	0g
Cholesterol:	85mg
Sodium	530mg
Total Carbohydrates:	46g
Dietary Fiber:	3g
Sugars:	5g
Protein:	37g