

Chicken and Rice

Servings: 4

INGREDIENTS

1 LB. CHICKEN BREASTS
1 1/2 CUPS UNCOOKED INSTANT
BROWN RICE
1/2 CUP WATER
2 1/2 CUPS CHICKEN BROTH
1/2 CUP MILK
1/4 CUP FLOUR
1/2 TSP EACH: ONION POWDER,
GARLIC POWDER, SALT, PEPPER



DIRECTIONS

STEP 1: Warm milk on stovetop, mix in flour.

STEP 2: Add chicken broth, garlic powder, onion powder, salt and pepper.

STEP 3: Mix rice with milk/broth mixture. Place in greased 9 x 13 baking dish.

STEP 4: Place chicken breasts on top of rice mixture. Add water if needed (so rice doesn't dry out). Bake covered at 350 for 30 minutes.

Serve with a side of steamed broccoli topped with garlic salt.

GF Eliminate flour

V Replace chicken with tofu and chicken broth with veggie broth.

Nutrition per Serving: Calories 306, Fat 2, Carbs 32g, Fiber 2g, Sugars 1g, Protein 34g

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