

# THIS WEEK'S RECIPE

As seen on hdnews.net



## Chicken and Rice

### Ingredients:

- 1 tablespoon vegetable oil
- 1 pound boneless, skinless chicken breasts, diced\*
- 2 cups water
- 1 cup thick and chunky salsa
- 2 cups minute rice
- 1 can (16 ounces) whole kernel corn, drained
- 1 cup shredded cheddar cheese, divided

### Directions:

- 1.Heat oil in a large nonstick skillet on medium-high heat. Add diced chicken and cook until no longer pink.
- 2.Add water and salsa to skillet and bring to a boil.
- 3.Stir in rice, corn and 1/2 cup cheese. Reduce heat and simmer 5 minutes, covered.
- 4.Sprinkle remaining 1/2 cup cheese on top and serve.

\*You can substitute a 10-ounce can of drained chicken breast meat. Omit step #1



### Nutrition Facts

Serving Size 1 cup (481g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 550	Calories from Fat 140
% Daily Value*	
<b>Total Fat</b> 15g	<b>24%</b>
Saturated Fat 7g	<b>34%</b>
<b>Cholesterol</b> 95mg	<b>32%</b>
<b>Sodium</b> 960mg	<b>40%</b>
<b>Total Carbohydrate</b> 62g	<b>21%</b>
Dietary Fiber 2g	<b>9%</b>
Sugars 6g	
<b>Protein</b> 40g	
Vitamin A 10%	Vitamin C 20%
Calcium 20%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Location of Ingredients

(at Vine Street Dillon's)

ITEM	AISLE
Vegetable Oil .....	11
Chicken Breasts.....	Meat
Water .....	Faucet
Chunky Salsa .....	8
Minute Rice.....	6
Whole Kernel Corn .....	6
Cheddar Cheese .....	Dairy



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