

Chicken Brussels Style

Serves: 4

Ingredients

1 tbsp. olive oil	2 cups short-grain white rice, uncooked
1 lb. skinless chicken breast, uncooked	1 tsp. pepper
1 tbsp. olive oil	1 tsp. cumin
3 cloves garlic, minced	4 cups chicken broth
1 lb. fresh brussel spouts	2 large onions, thinly sliced

Heat oil in skillet with lid on. Brown chicken pieces in hot oil, turning to brown on all sides. Remove chicken and set aside.

Add 1 tsp. of oil to skillet. Add garlic and onion and cook for 5 minutes, until onions are limp.

Add rice to skillet and cook, stirring for 2 minutes, until rice kernels are covered with oil. Add cumin, pepper, and chicken broth, and stir to combine. Add brussel sprouts and mix to distribute evenly.

Flatten rice with back of large spoon and place chicken pieces on top. Cover pan and bake for 30 minutes at 350 degrees, until chicken is cooked through.

Serve a mound of rice and brussel sprouts with a piece of chicken.

Per serving: 408 calories, 9 g total fat (1.6 g saturated fat), 41 mg cholesterol, 31 g protein, 52 g carbohydrate, 6 g sugars, 5.6 g dietary fiber