

Chicken and Vegetables

Serves: 6

Ingredients

6 chicken pieces (legs and breast), skinned	½ cup green pepper, chopped
¼ cup celery, diced	2 cups rice
2 tsp. vegetable oil	¼ cup red pepper, chopped
⅛ tsp. pepper	½ cup frozen peas
⅛ tsp. salt	2 oz. Spanish olives
¼ cup corn, frozen	¼ cup raisins
2 tomatoes, chopped	1 medium carrot, grated
4 cups water	

In a large pot, brown chicken pieces in oil.

Add water, tomatoes, green and red peppers, celery, carrots, corn, onion, cilantro, garlic salt, and pepper. Cover and cook over medium heat for 20-30 minutes or until chicken is done.

Remove chicken from pot and place in refrigerator. Add rice, peas, and olives to pot. Cover pot and cook over low heat for about 20 minutes until rice is cooked.

Add chicken and raisins and cook for another 8 minutes.

Per serving: 448 calories, 7 g total fat (2 g saturated fat), 49 mg cholesterol, 352 mg sodium, 63 mg calcium, 4 mg iron