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Sweet Salsa Chicken

This is a great, super quick meal. Getting 3 servings of whole grains in your diet per day has been shown to reduce the risks of stroke, cancer, type 2 diabetes, and heart disease. Including more whole grains can also help with weight maintenance.

Ingredients:

2 cups hot cooked brown rice
1 (1 ¼ oz.) pkg. reduced sodium taco seasoning
4 boneless, skinless chicken breast halves, cut into bite-sized pieces
1 Tbsp. oil
1 cup salsa or picante (from the produce section - less salt, more natural)
1/3 cup apricot preserves
¼ cup water
2 Tbsp dried currants or golden raisins
1 Tbsp chopped fresh cilantro
1 Tbsp fresh lime juice
1 cup frozen corn

In a large Ziploc, combine taco seasoning and chicken and shake to coat. Cook chicken over medium-high heat for 6-8 minutes. Add salsa, preserves, water, currants, cilantro, lime juice, and corn. Cook 5-10 minutes. Serve over rice.

Yield: 6 servings

Nutritional Information:

Calories: 230 Fat: 4 g Sat Fat: 0
Protein: 18 g Carbohydrate: 32 g Fiber: 1.7 g