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Chicken, Green Bean, & Brown Rice Skillet

This is one of the very first dishes that I ever learned to prepare. It is a staple go-to dinner in our house and the whole family gobbles it up. I traditionally serve it with some cottage cheese and a fresh green salad on the side.

Ingredients:

1 teaspoon olive oil
1 teaspoon butter
1 pound boneless, skinless chicken breast, cut into bite-sized pieces
salt & freshly ground pepper, to taste
1 small onion
1 teaspoon minced garlic
8 ounces fresh mushrooms
1 14.5 ounce can 33% less sodium chicken broth
2 cups instant brown rice (such as Minute)
7.5 ounce frozen green beans with almonds
1/4 cup shredded parmesan cheese

Preparation:

Season chicken pieces with a little salt and pepper. In a large skillet, heat oil and butter over medium heat. Add chicken to skillet and brown on both sides. Remove chicken from skillet, reserving juices in pan.

Add onion, garlic, and mushrooms and saute until vegetables are tender. Add chicken back to skillet. Pour in chicken broth and bring to a boil. Add brown rice and stir to combine. Reduce heat to low; cover and simmer for 5-7 minutes. Add green beans and almonds. Stir to combine. Cover with lid. Let simmer on low for about 10 minutes, stirring occasionally. Sprinkle with cheese. Replace lid and let cheese melt.

Servings: 6

Nutritional Information:

Calories: 243 Fat: 5.4 g Saturated Fat: 1.25 g Carbohydrates: 28 g
Fiber: 2.7g Protein: 23.7 g Sodium: 348 mg