



RECIPE

Skillet Chicken & Rice

INGREDIENTS:

- 12 oz chicken breasts – diced
- ¼ cup vegetable or canola oil
- 1 stalk celery – chopped
- 2 green onions – thinly chopped
- ¼ cup red peppers – chopped
- ¼ cup yellow peppers – chopped
- 1 cup frozen peas – thawed
- 4 oz sliced mushrooms
- 1 ½ cups chicken broth
- 2 garlic cloves – minced
- ¼ tsp salt
- ¼ tsp lemon-pepper seasoning
- ¼ tsp granulated garlic
- ¼ tsp black pepper
- 1 cup uncooked rice – instant rice can also be used and will cook much faster

DIRECTIONS:

In a large skillet, add oil and cook chicken for 8-10 minutes or until chicken is thoroughly cooked to 165°.

Remove diced chicken from pan, while retaining the oil.

Using the same skillet & oil, add in celery, onions, mushrooms, minced garlic & peppers. Cook for 4-5 minutes or until vegetables become translucent.

Stir in chicken broth, cooked chicken, peas, salt, lemon pepper, granulated garlic, & black pepper. Bring to a boil then add in rice. Cook until rice is tender.

FROM THE KITCHEN OF:

