

National Diabetes Education Program

# Rice with CHICKEN

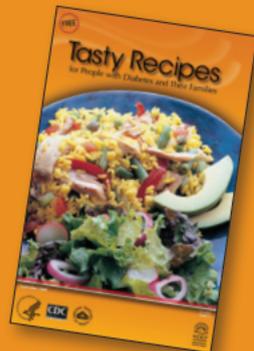


***It's more than food. It's Life.  
Más que comida, es vida.***

Would you like to enjoy other tasty recipes? The NDEP's recipe booklet, *Tasty Recipes for People with Diabetes and Their Families* (*Ricas recetas para personas con diabetes y sus familiares*), has recipes specifically designed for the Latin American palate.



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# Rice with CHICKEN

This is a good way to get vegetables into the meal plan. Serve with a mixed green salad and whole wheat bread.

Total servings: 8.

## Ingredients:

2 Tbsp. olive oil  
 2 medium onions, chopped  
 6 cloves garlic, minced  
 2 stalks celery, diced  
 2 medium red/greenpeppers,  
 cut into strips  
 1 cup mushrooms, chopped  
 2 cups uncooked wholegrain rice  
 3 pounds boneless chicken breast,  
 cut into bite-sized pieces, skin  
 removed  
 1½ tsp. salt (optional)

2½ cups low-fat chicken broth  
 Saffron or Sazón™ for color  
 3 medium tomatoes, chopped  
 1 cup frozen peas  
 1 cup frozen corn  
 1 cup frozen green beans  
 Olives or capers for garnish (optional)

## Directions:

• Heat olive oil over medium heat in a non-stick pot. Add onion, garlic, celery, red/green pepper, and mushrooms. Cook over medium heat, stirring often, for 3 minutes or until tender.

- Add whole grain rice and sauté for 2–3 minutes, stirring constantly to mix all ingredients.
- Add chicken, salt, chicken broth, water, Saffron/Sazón™, and tomatoes. Bring water to a boil.
- Reduce heat to medium-low, cover, and let the casserole simmer until water is absorbed and rice is tender, about 20 minutes.
- Stir in peas, corn, and beans and cook for 8–10 minutes. When everything is hot, the casserole is ready to serve. Garnish with

Exchanges:		Nutrition Facts Rice with Chicken, Spanish Style		Amount Per Serving	
Meat 51/3	Bread 3	Serving Size.....	1 ½ cups	Calories.....	400 Calories from Fat ..... 60
Vegetable 1	Fat 11/3	% Daily Value (DV)*			
Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.		Total Fat 7g.....	11%	Sodium 530mg.....	22%
		Saturated Fat 1.5g.....	8%	Total Carbohydrate 46g.....	15%
		Trans Fat 0g		Dietary Fiber 3g.....	12%
		Cholesterol 85mg.....	28%	Sugars 5g	
				Protein 37g	
				Vitamin A.....	30%
				Vitamin C.....	70%
				Calcium.....	4%
				Iron.....	20%
				* Percent Daily Values are based on a 2,000 calorie diet.	

Order or download copies of the *Más que comida, es vida*. materials and the recipe booklet at [www.cdc.gov/diabetes/ndep](http://www.cdc.gov/diabetes/ndep), or call 1-888-693-NDEP.