

Chicken and Rice with Vegetables

PREP TIME 5 mins

COOK TIME 10 mins

SERVES 6

Gather Ingredients

- 1 tbsp olive oil
- 1 lb boneless, skinless chicken breast, cut into strips
- 1/2 tsp salt
- 1/2 tsp black pepper
- 3 cups chopped fresh vegetables (broccoli, carrots and red pepper)
- 1 can (14.5 oz) chicken broth
- 2 cups Minute® White Rice
- 1/4 cup Italian dressing

Instructions

Step 1 Heat olive oil in a large skillet over medium heat. Season chicken with salt and pepper.

Step 2 Sauté chicken for 3-4 minutes, until lightly browned.

Step 3 Add vegetables to skillet. Cook for 2-3 minutes, until vegetables are crisp-tender.

Step 4 Stir in broth and bring to a boil.

Step 5 Stir in rice and dressing and cover skillet.

Step 6 Reduce heat to low. Cook for 5 minutes, or until liquid is absorbed and chicken is cooked through.

Recipe Tips

Switch up this dish by swapping out zucchini, yellow squash and red peppers for the **fresh vegetables** called for here. Prepare and cook the dish as directed in recipe. Finish by sprinkling with 1 cup each shredded mozzarella cheese and Parmesan cheese. Cover and cook for an additional 3 minutes, or until cheese has melted.

For a quicker cook time, substitute 2 cups of frozen vegetables for the fresh vegetables. Add them in with the chicken broth and continue as directed in recipe.