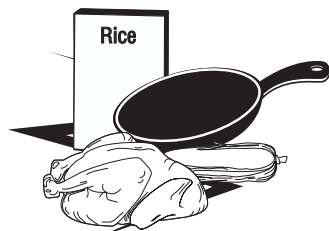


Mama's Chicken and Rice

6 servings - 1 cup each

- 1 tablespoon vegetable oil
- 1 pound boneless skinless chicken, diced*
- 2 cups water
- 1 cup thick and chunky salsa
- 2 cups instant rice, uncooked
- 2 cups (15 ounce can) whole kernel corn, drained; or frozen corn, thawed
- 1 cup shredded cheddar cheese, divided



1. Heat oil in large nonstick skillet on medium-high heat. Add chicken and cook until no longer pink.
2. Add water and salsa to skillet and bring to a boil.
3. Stir in rice, corn and 1/2 cup cheese. Reduce heat and simmer for 5 minutes, covered.
4. Sprinkle 1/2 cup cheese on top and serve.

*You can use canned, drained chicken. Omit step #1 and add chicken in step #2.

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Nutrition Facts	
Serving Size 1 cup (249g)	
Servings Per Container 6	
Amount Per Serving	
Calories 350	Calories from Fat 90
% Daily Value*	
Total Fat 10g	16%
Saturated Fat 4.5g	22%
Cholesterol 65mg	21%
Sodium 720mg	30%
Total Carbohydrate 36g	12%
Dietary Fiber 3g	11%
Sugars 8g	
Protein 27g	
Vitamin A 6%	Vitamin C 6%
Calcium 15%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

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