

CHINESE CHICKEN AND RICE

INGREDIENTS

1 pound boneless, skinless chicken breasts, cut into julienne strips. If vegetarian use tofu, cut into cubes
2 cups/ 480 ml water
1 cup/ 240 ml brown rice
½ tsp/ 2.5 ml sea salt
2 Tbsp olive oil
2 cloves garlic, minced
1 ½ cup/ 360 ml broccoli florets
1 cup/ 240 ml sliced mushrooms
½ cup/ 120 ml water chestnuts
1 cup/ 240 ml penny-sliced carrots
1 cup/ 240 ml green onions sliced

MARINADE

2 Tbsp/ 30 ml extra virgin olive oil
1 Tbsp/ 15 ml minced ginger root
2 tsp/ 10 ml low-sodium soy sauce or gluten –free tamari
1 clove garlic, minced
Dash hot pepper sauce

PREPARATION

1. Combine all marinade ingredients. Place chicken in marinade and let stand for 1 hour in refrigerator. Meanwhile preheat oven to 350 F/ 177 C. Prepare a six- quart covered casserole dish with cooking spray. Add rice, water and salt and bake for 40 minutes or until all liquid is absorbed.
2. Meanwhile, heat olive oil in a large skillet and gently sauté garlic until just fragrant. Add sliced chicken and sauté until no longer pink. Add chopped vegetables and cook until just soft. Remove from heat. Add the cooked vegetable mixture to the rice when it is finished baking. Serve piping hot for a delicious Clean-Eating meal.

NUTRITIONAL VALUE PER SERVING 6 servings

Calories: 269/Calories from fat: 60/Protien: 21g/Carbs: 30g/Dietary Fiber: 3g/Sugars: 12g/Fat: 6g/Sodium: 380mg