

EAT-CLEAN CHICKEN AND RICE

INGREDIENTS

6 boneless, skinless chicken breasts, cooked
1 Tbsp olive oil
1 medium onion, peeled and chopped
4 cloves garlic, passed through a garlic press
1 tsp/ 5 ml chopped fresh thyme
1 tsp/ 5 ml fresh rosemary
Sea salt along with ground black pepper
3 cups/ 720 ml low-sodium chicken broth
1 ½ cups/ 360 ml brown rice
¾ lbs/ 336 g fresh broccoli florets
1 cup/ 240 ml carrots, peeled and cut into penny-slices, then parboiled
½ cup/ 120 ml edemame, frozen

PREPARATION

1. In a large skillet, heat olive oil over medium temperature. Add onion, garlic, thyme, rosemary and sea salt. Cover and cook over low heat until the onion has softened-about 10 minutes. Add chicken broth. Stir in the brown rice and cook uncovered over high heat for 5 minutes. Cover and reduce heat to low. Cook for 20 minutes.
2. Place the chicken breasts over the rice in the skillet. Cook for another 15 minutes, making sure the chicken is cooked through. Once the chicken is done remove it from the pan and put it on a clean platter. Cover it with tin foil or another plate.
3. Add the broccoli, edamame and parboiled carrots to the rice mixture. Heat through 10 minutes. Season with sea salt and pepper. Remove from heat. Serve rice immediately, along with one chicken breast.

NUTRITIONAL VALUE PER SERVING 6 servings

Calories: 356/Calories from fat: 71/Protein: 35g/Carbs: 44g/Dietary Fiber: 4g/Sugars: 2g/Fat: 7g/Sodium: 616mg