

# Mama's Chicken and Rice

Cook it all in just one pan!



Level: Medium

Serves: 4

## Kids' Tool Kit

Large nonstick skillet  
Wooden spoon  
Measuring cups  
Measuring spoons  
Can opener  
Strainer

## Ingredients:

1 tablespoon vegetable oil  
1 pound boneless, skinless chicken breasts, diced\*  
2 cups water  
1 cup thick and chunky salsa  
2 cups minute rice  
1 can (16 ounces) whole kernel corn, drained  
1 cup shredded cheddar cheese, divided



## Chef's Choice

Mama's Chicken and Rice  
Carrot and celery sticks  
Cherry tomatoes  
Low fat milk



## Directions:

**Remember to wash your hands!**

1. Heat oil in a large nonstick skillet on medium-high heat. Add diced 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 5 minutes, covered.
4. Sprinkle remaining 1/2 cup cheese on top and serve.

\*You can substitute a 10-ounce can of drained chicken breast meat. Omit step #1 and add chicken in step #2.



**Helpful Hints:** If you like a real spicy dish, add garlic, cumin, black pepper and chili pepper. This dinner contains much less fat and sodium than the popular packaged mixes.

Turn the burner to low to keep the chicken and rice from sticking to the bottom of the pan. Stir occasionally, but the secret is to keep the lid on and the steam in the pan so the rice is nice and tender when the water is absorbed.

Do you have leftover casserole? Try serving this mixture in a soft flour tortilla with some extra cheese, sour cream and salsa. Roll it up and reheat in the microwave for a special meal kids can hold to eat.



**Safety Tips:** Food safety begins with you. Remember to wash your hands with soap and water before and after dicing chicken breasts.

Steam can burn, so tilt the lid away from your face when you stir the ingredients in the skillet. Use a dry hot pad when lifting the lid and have another one handy to set the skillet on when you remove it from the stovetop. Planning ahead can prevent a burn.

## Nutrition Facts

Serving Size 1 cup (481g)  
Servings Per Container 4

Amount Per Serving

Calories 550 Calories from Fat 140

% Daily Value\*

Total Fat 15g 24%

Saturated Fat 7g 34%

Cholesterol 95mg 32%

Sodium 960mg 40%

Total Carbohydrate 62g 21%

Dietary Fiber 2g 9%

Sugars 6g

Protein 40g

Vitamin A 10% • Vitamin C 20%

Calcium 20% • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 65g

Saturated Fat Less than 23g 23g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).