

## Mama's Chicken and Rice

*Cook it all in just one pan!*

4 servings

### 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

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

**Directions:** **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.

*Nutrition Facts: One 1 cup serving provides 550 calories, 15g total fat, 95mg cholesterol, 960mg sodium, 62g total carbohydrate*

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension  
Family Nutrition Program



www.kidsacookin.ksu.edu

### Chef's Choice

Mama's Chicken and Rice  
Carrot and Celery Sticks  
Cherry Tomatoes  
Low Fat Milk

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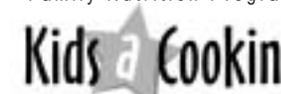
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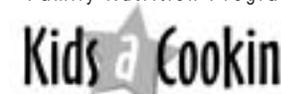
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