

Chicken Picante

LO CAL / LO FAT / HI FIB

PREP: 10 MIN; COOK: 15 MIN

4 SERVINGS

Serve this zesty chicken mixture over split corn muffins or hot cooked couscous. Fresh fruit or cut-up raw vegetables as a side dish would add a refreshing crunch.

- 1 pound skinless, boneless chicken breast halves
- 1 medium zucchini, sliced (2 cups)
- 1 cup sliced mushrooms (3 ounces)
- 2 1/2 cups picante sauce or salsa
- 2 teaspoons sugar

Remove fat from chicken. Cut chicken into 1-inch pieces. Spray 10-inch nonstick skillet with cooking spray; heat over medium heat. Cook chicken in skillet 3 to 4 minutes, stirring frequently, until no longer pink in center.

Stir in zucchini and mushrooms. Cook, stirring occasionally, until vegetables are crisp-tender. Stir in picante sauce and sugar. Cook about 5 minutes, stirring occasionally, until hot.

1 Serving: Calories 185 (Calories from Fat 35); Fat 4g (Saturated 1g); Cholesterol 70mg; Sodium 520mg; Carbohydrate 13g (Dietary Fiber 4g); Protein 28g

% Daily Value: Vitamin A 14%; Vitamin C 34%; Calcium 10%; Iron 14%

Diet Exchanges: 3 very lean meat, 3 vegetable

Fiesta Chicken and Rice

LO CAL / LO FAT

PREP: 5 MIN; COOK: 15 MIN

4 SERVINGS

The next time you roast or grill chicken, cook a few extra pieces so you'll have leftovers for this saucy chicken-and-rice skillet meal.

- 1 1/4 cups water
- 1 can (5 1/2 ounces) spicy eight-vegetable juice
- 1 package (4.9 ounces) rice and vermicelli mix with chicken broth and broccoli
- 1 1/2 cups cubed cooked chicken or turkey
- 1 cup frozen chopped bell peppers (from 10-ounce bag), thawed

Heat water, vegetable juice and rice-vermicelli mix and seasoning packet to boiling in 3-quart saucepan, stirring occasionally; reduce heat.

Simmer covered 15 to 20 minutes, stirring occasionally. Stir in chicken and bell peppers; heat through.

1 Serving: Calories 145 (Calories from Fat 35); Fat 4g (Saturated 1g); Cholesterol 45mg; Sodium 280mg; Carbohydrate 12g (Dietary Fiber 1g); Protein 16g

% Daily Value: Vitamin A 8%; Vitamin C 36%; Calcium 2%; Iron 6%

Diet Exchanges: 1 starch, 2 very lean meat

