

Arroz con Pollo Skillet

# Curried Chicken and Rice

PREP TIME: 20 MINUTES  
(READY IN 40 MINUTES)

- ¾ lb. boneless, skinless chicken breast halves, cut into bite-sized pieces**
- 1 ⅓ cups water**
- 1 (14.5-oz.) can stewed tomatoes, undrained**
- ⅓ cup raisins**
- 1 tablespoon brown sugar**
- 1 tablespoon fresh lemon juice**
- 1 teaspoon chicken-flavor instant bouillon**
- 1 teaspoon curry powder**
- ½ teaspoon cinnamon**
- ¼ teaspoon salt**
- ¼ teaspoon ginger**
- 1 cup uncooked basmati rice, rinsed, or regular long-grain rice**

1. In large saucepan, combine all ingredients except rice. Bring to a boil.
2. Stir in rice. Reduce heat; cover and simmer 20 minutes or until chicken is no longer pink, rice is tender and liquid is absorbed.

YIELD: 4 (1¼-CUP) SERVINGS

## Nutrition Information Per Serving

Serving Size: 1¼ Cups

Calories.....	340	Calories from Fat .....	25
<b>% Daily Value</b>			
Total Fat .....	3g	.....	5%
Saturated .....	1g	.....	5%
Cholesterol .....	55mg	.....	18%
Sodium .....	490mg	.....	20%
Total Carbohydrate .....	55g	.....	18%
Dietary Fiber .....	2g	.....	8%
Sugars.....	14g		
Protein .....	24g		
Vitamin A.....	15%	Vitamin C .....	20%
Calcium .....	6%	Iron .....	20%

Dietary Exchanges: 2 Starch, 1/2 Fruit, 2 Vegetable, 1 Meat OR 3 1/2 Carbohydrate