

Don't have time to cook brown rice? Use 1½ pouches of the ready-to-heat kind.



Skillet Chicken and Rice

PREP TIME: 10 minutes TOTAL TIME: 35 minutes Serves 4

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| 2 Tbsp olive oil | sliced bell peppers and onions |
| 6 oz fully cooked turkey kielbasa or sausage, cut into ¼"-thick slices | 1 Tbsp minced garlic |
| 1 lb boneless, skinless chicken thighs, cut into 2" pieces | 1 Tbsp Cajun seasoning |
| 1 pkg (14.4 oz) frozen | 3 c cooked brown rice |
| | 1½ c frozen peas |
| | ½ c reduced-sodium chicken broth |

1. Heat oil in large, heavy skillet over medium-high heat. Add kielbasa and cook, stirring occasionally, until golden brown, about 5 minutes. Transfer to plate.
2. Add chicken and cook, turning, until golden brown, about 5 minutes. Transfer to plate.
3. Cook peppers and onions, stirring, until liquid evaporates, 6 minutes. Add garlic and seasoning and cook, stirring, 1 minute. Stir in rice, peas, and broth.
4. Nestle chicken and kielbasa into rice. Simmer, partially covered, until chicken is done, 5 minutes.

NUTRITION (per serving) 333 cal, 24 g pro, 33 g carb, 4 g fiber, 11 g fat, 2.5 g sat fat, 686 mg sodium