Easy Chicken and Rice

Preparation time 30 minutes

Makes 4 servings

Ingredients

- 1 pound boneless chicken thighs, cut into bite size pieces
- 8oz package (1 cup) precooked shelf stable brown rice
- 10 ounce box baby spinach
- 5-6oz pitted green olives about 3/4 cup (chopped)
- 1 red or yellow bell pepper
- 1 large onion
- 1 cup water
- 1 tablespoon olive oil
- Black pepper to taste
- 3 tablespoons homemade adobo seasoning without the salt (see recipe on second page)

Directions

1. Sauté onion and bell pepper in the olive oil for 5 minutes. Add the chicken, adobo and black pepper and sauté for another 5 minutes.
2. Add the rest of the ingredients except for the spinach. Cook 5-10 minutes, stirring frequently chicken is cooked through and most of the water has evaporated.
3. Fold in the spinach and allow it to wilt.
4. Nice with a green salad and sliced avocado

Nutrition

- Serving Size: 1½ cups
- Calories 285, Carbs 15g, Sugar 2g, Fiber 3g
- Fat 15g, Saturated Fat 3g Protein 25g, Sodium 430mg, Potassium 118mg

WATCH, TASTE, LEARN Healthy Cooking Class

Elizabeth Caruthers, RDN, CDCES Nutrition and Diabetes Program Coordinator

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Community Health & Wellness

Our Family – Taking Care of Yours

Homemade Adobo Seasoning without the salt

(makes about 3 tablespoons)

- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 2 teaspoons ground cumin
- 1 teaspoon oregano

Excellent for seasoning chicken, meat, shrimp, vegetables, and rice

Tip: if you would like to skip the olives, including 1/2 tsp salt will maintain a similar flavor balance and equivalent sodium profile

Elizabeth Caruthers, RDN, CDCES

Registered Dietitian-Nutritionist

Certified Diabetes Education Specialist

Looking for support?

A registered dietitian-nutritionist and diabetes educator can help you build a foundation of better health. Services at Community Health and Wellness are covered by HUSKY, Medicare, private insurance, and financial assistance.

Nutrition Counseling

- Nutritional assessment and individualized guidance based on your health conditions and laboratory results.

Diabetes Prevention Program

- Weekly groups led by a registered dietitian-nutritionist with peer support to keep you motivated.

Diabetes Education Program

- Individual appointments to help you gain the knowledge, skills and confidence to manage your diabetes well.

Watch, Taste, Learn

- Healthy cooking classes, recipe demonstrations and tastings.

Want to learn more?

Contact Elizabeth Caruthers, Nutrition and Diabetes Program Coordinator at 860-489-0931 x1110 or ecaruthers@chwctorr.org.