

Salsafied Chicken and Rice

Ingredients

1 pound skinless, boneless chicken breast halves - cubed into less than bite-sized pieces.
1 tablespoon olive oil
1/4 teaspoon ground black pepper
1 (14.5 ounce) can chicken broth
1 (8 ounce) jar salsa²
2 cups instant rice [substitute pre-cooked rice]
8 ounces shredded Cheddar cheese

Directions

Season chicken cubes with pepper. In a large skillet over medium high heat brown the cubed chicken in oil until cooked through and juices run clear. Add the broth and salsa and bring to a boil. Once the liquids are boiling, turn off the heat and stir in the rice. Sprinkle all of the cheese on top. Cover and let sit for 5 minutes, then serve.

This recipe will have about the same amount of sodium as the Salsa chicken if you use a low-sodium broth. You can substitute beef or vegetable broth or bullion or granules (watch sodium), or use fresh made broth left after cooking the chicken for Chicken Shoestring Casserole below.

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Serve with a leafy green salad and your favorite fresh vegetables like tomatoes, green pepper, carrots or purple onion.

Chicken Shoestring Casserole‡

Ingredients:

2 cup cut-up cook chicken***
1 cans cream of mushroom soup
1 cup milk
1 cup (8 ounces) shoe string fries
¼ cup chopped pimento (drained)

Directions:

Combine Chicken, mushroom soup, milk and pimento in a casserole dish. Top with shoestring fries and bake at 350 for 25 minutes or until heated through. Beef up the vegetables by adding green peas and carrots.

*** Place chicken in a sauce pan and just cover with water, bring to a boil and let cook until chicken is done throughout and broth is clear. Add some onion and carrots to the pot to give the chicken and the broth added flavor. Use the carrots in the casserole or serve as a side dish.

Source: Cooks.com <http://www.cooks.com/rec/view/0,1650,155173-247198,00.html>

Green Rice (Broccoli, Cheese, and Rice Casserole)‡

Ingredients

- 2 tablespoons vegetable oil
- 1 onion, chopped
- 1 1/2-2 cups cooked rice
- 2 cups chopped broccoli
- 3 cups grated cheese
- 1/2 cup milk

Directions:

Sauté onion in vegetable oil. Meanwhile, steam broccoli until tender; drain. Combine all ingredients and bake in covered casserole at 350°F for 45 minutes.

Source: A Messy Cook at Recipe Zaar <http://www.recipezaar.com/Green-Rice-Broccoli-Cheese-and-Rice-Casserole-154641>

‡ Recipes altered to lower sodium, fat, or number of ingredients by Sandra Duke.



Someone's in the Kitchen

Sauté—in French means “to jump” because small pieces of food jump when they hit the hot pan. It also stands for the chef's involvement with the process. The four steps to sautéing is a heat pan, add a little oil, just enough to cover coat bottom of the pan—1 tablespoon should be enough, heat oil until it begins to form stripes in the bottom of the pan. Use uniform pieces of meats and vegetables. When cooking protein, remove the protein food when golden brown, add a cold liquid—such as fruit juice—to release the rendering from the bottom of the pan then return protein to pan to absorb the liquid. When cooking vegetables, stir continuously until tender. Sautéed onions and garlic add a delicious flavor to scrambled eggs, ground beef or chicken, or soups. A sauté pan is a shallow pan with sloping sides often with a long handle.



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