

# One Pan Cilantro-Lime Chicken and Rice

## Ingredients:

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|---|--|
| 1 lb. boneless, skinless chicken breasts, diced into 1 – inch cubes | 1 (4 oz.) can chopped green chilies              |
| 1 tablespoon olive oil  | 2 teaspoons lime zest                            |
| 4 green onions, chopped (keep lighter and darker portions separate) | 3 tablespoons lime juice                         |
| 2 garlic cloves, minced   | 1 (14.5 oz.) can black beans, rinsed and drained |
| 1 1/2 cups low-sodium chicken broth                                 | 2 cups minute brown rice                         |
|   | 1/3 cup cilantro, chopped                        |

## Directions:

- Heat oil in a large skillet over medium-high heat. Once hot, add chicken and season with salt and pepper. Sauté until cooked through, about 6 minutes. Add the lighter portions of the green onions and garlic at the last minute of cooking.
- Stir in broth, remainder of green onions, green chilies, lime zest, lime juice, and black beans. Bring mixture to a boil.
- Add rice and fully immersed in broth, boil for 20 seconds. Remove from heat and immediately cover with a lid. Let rest 5 – 6 minutes.
- If needed, return pan to heat and toss 1 minute to allow rice to absorb excess moisture. Remove from heat, toss in cilantro, and let rest uncovered for 3 minutes. Enjoy!

## Nutrition Facts

Serving Size 1 cup (261g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 310</b>	Calories from Fat 60
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 55mg</b>	<b>18%</b>
<b>Sodium 360mg</b>	<b>15%</b>
<b>Total Carbohydrate 37g</b>	<b>12%</b>
Dietary Fiber 9g	<b>36%</b>
Sugars 1g	
<b>Protein 25g</b>	
Vitamin A 2%	• Vitamin C 15%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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