

- » 2 cups water
- » 1 cup onion, chopped
- » 1 cup carrots, chopped
- » 3 chicken bouillon cubes
- » 1 tbsp curry powder
- » 1 tsp cumin
- » 2 cloves garlic, minced
- » 1/4 tsp salt
- » 1 cup long-grain brown rice, uncooked
- » Nonstick vegetable cooking spray
- » 1 tsp vegetable oil
- » 2 lb chicken breasts, boneless, skinned, cut into 1" pieces
- » 1 cup frozen petite green peas
- » 1 medium tomato, chopped
- » 4 tbsp raisins
- » 2 cups broccoli florets
- » 2 cups cauliflower florets

## Nutritional Content

Per Serving

Calories	556 cal	Cholesterol	132mg
Protein	62g	Sodium	1068mg
Carbohydrate	53g	Calories from Fat	10%
Fat	6g	Fiber	8g
Saturated Fat	1g		

In a large saucepan add water, onion, carrots, bouillon cubes, curry powder, cumin, garlic, and salt. Bring to a boil and stir in rice. Cover and simmer on low heat for 25 to 30 minutes or until rice is done. Meanwhile, in a skillet sprayed with nonstick vegetable cooking spray over medium-high heat, add vegetable oil. When skillet is hot, add chicken pieces. Cook 3 to 5 minutes or until done. Combine and stir chicken, green peas, and chopped tomato into rice mixture. Cover and simmer about 5 minutes more or until rice and peas are tender. Steam broccoli and cauliflower florets and serve with chicken-rice mixture topped with raisins. Serves 4.