

- » 1/2 cup water
 - » 1/4 cup onion, chopped
 - » 1/4 cup carrots, chopped
 - » 1 chicken bouillon cube
 - » 1 tsp curry powder
 - » 1/4 tsp cumin
 - » 1 clove garlic, minced
 - » 1/4 cup long-grain brown rice, uncooked
 - » Nonstick vegetable cooking spray
 - » 1/4 tsp vegetable oil
 - » 1 (8-oz) chicken breast, boneless, skinned, cut into 1" pieces
 - » 1/4 cup frozen petite green peas
 - » 1/4 medium tomato, chopped
- » 1 tbsp raisins
 - » 1/2 cup broccoli florets
 - » 1/2 cup cauliflower florets

Nutritional Content

Per Serving

Calories	558 cal	Cholesterol	132mg
Protein	62g	Sodium	1143mg
Carbohydrate	50g	Calories from Fat	12%
Fat	8g	Fiber	8g
Saturated Fat	1g		

In a saucepan add water, onion, carrots, bouillon cube, curry powder, cumin, and garlic. Bring to a boil and stir in rice. Cover and simmer over low heat for 20 to 25 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 1.