

- » Nonstick vegetable cooking spray
- » 1/2 tsp olive oil
- » 6 oz chicken breast, cut into 1-inch pieces
- » 1 minced garlic clove
- » 2 tbsp chopped celery
- » 1/2 sliced medium leek, cut into 1/2-inch pieces
- » 1/4 cup cauliflower florets
- » 2 tbsp sliced carrots
- » 2 tbsp sliced parsnips
- » 3/4 cup red potatoes, cubed
- » 1 tbsp white rice
- » 1 cup low-sodium chicken broth
- » Pinch dried thyme
- » 1/2 tsp salt-free herb seasoning blend
- » 2 tbsp petite green peas

Nutritional Content

Per Serving

Calories	412 cal	Cholesterol	99mg
Protein	48g	Sodium	634mg
Carbohydrate	42g	Calories from Fat	10%
Fat	5g	Fiber	5g
Saturated Fat	1g		

In a skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add olive oil. Add chicken pieces and cook 2 to 4 minutes until done. Remove chicken pieces and set aside. Add garlic, celery, and leeks to the skillet and cook 2 minutes. Add cauliflower florets, sliced carrots, sliced parsnips, red potato cubes, rice, chicken broth, thyme, and salt-free herb seasoning blend. Add chicken back and bring to a boil. Reduce heat, cover, and simmer for 40 to 45 minutes until rice is done. Add green peas to the stew the last 5 minutes of cooking time. Serves 1.