

## LEMON CHICKEN WITH VEGETABLE RICE

**Prep Time:** 5 minutes

**Cook Time:** 30 minutes

**Included in Box:**

- 2 c. brown rice, cooked
- 1 (15 oz) can no salt carrots, rinsed and drained
- 1 (15 oz) can no salt green beans, rinsed and drained, cut in half
- 2 (5 oz) cans chicken, drained

**Additional Ingredients Needed:**

- 1 small onion (-½ c.), diced
- 3 T lemon juice
- 1 T garlic powder
- 1 T dried parsley

**Directions:**

1. Add onion to large skillet over medium high heat and cook until translucent (3-4 minutes).
2. Add ¼ c. water, cooked rice, vegetables, chicken, lemon juice and seasonings to skillet; stirring to combine.
3. Reduce heat to medium low and cook until thoroughly heated.

**Tip:** Add chopped celery, or a handful of spinach or kale for additional vegetables and flavor!



**Nutrition Facts\***

**Total Servings:** 4  
**Serving Size:** 1 c.  
**Calories:** 251  
**Fat:** 2 g  
**Sodium:** 387 mg  
**Carbohydrates:** 37.5 g  
**Fiber:** 6 g  
**Protein:** 21 g  
**Carbohydrate Servings:** 2 ½

*\*Nutrient facts include cooked medium grain brown rice, canned unsalted sliced carrots (drained), canned no salt cut green beans (drained), canned premium chunk chicken breast in water (drained), fresh lemon juice, small white onion, and seasonings.*