Recipe Collection
Herbed Tomatoes, Chicken, and Rice

Yield: 4 servings
Total Time: 45 minutes
Ease of Preparation: Easy

Ingredients
¼ cup light Italian dressing
4 small boneless, skinless chicken breast halves
2 cloves garlic, minced (or ¼ teaspoon garlic powder)
1- 28 ounce can diced tomatoes, undrained and unsalted
1 cup water
2 cups instant brown rice, uncooked
1 cup part-skim mozzarella cheese
1 fresh tomato, chopped (or 1 cup of canned, unsalted tomatoes)
2 tablespoons chopped cilantro

Preparation Instructions
1. Heat dressing in a large skillet on medium heat.
2. Add garlic and chicken and cook for 5 minutes or until chicken is brown on both sides.
3. Remove chicken from skillet and set aside.
4. Add canned tomatoes and water to skillet, stir in rice.
5. Bring to a boil, simmer, uncovered on low heat for 10 minutes.
6. Return chicken to skillet.
7. Top with cheese, cover.
8. Cook for 5 minutes or until chicken is done.
9. Top with remaining ingredients and enjoy!

Nutrition Analysis
Per Serving: 460 calories; 11g fat (4g saturated, 0g trans); 90mg cholesterol; 410mg sodium; 48g carbohydrate (4g dietary fiber; 8g sugar); 40g protein.
Vitamin A 30%, Vitamin C 70%, Calcium 30%, Iron 15% Daily Value.

Recipe adapted from: www.kraftfoods.com