Brown Rice Pilaf with Squash and Chicken

Yield: 5 servings
Total Time: 35 minutes

Ingredients
1 cup brown rice (uncooked)
2 cups low sodium chicken broth
2 Tablespoons olive oil or canola oil
1 large onion, peeled and chopped
1 red or green bell pepper, chopped
1 zucchini, chopped
1 yellow squash, chopped
2 cups cubed cooked chicken breast
1 ½ Tablespoons reduced sodium soy sauce
1 large egg, lightly beaten
1/8 teaspoon salt
Black pepper, to taste
2 Tablespoons sliced toasted almonds (optional)

Preparation Instructions
1. Cook brown rice in chicken broth, according to package directions.
2. In large nonstick skillet, heat oil over medium-high heat. Add onion, bell pepper, zucchini, and yellow squash and sauté for 5 minutes, or until vegetables are tender.
3. Add chicken and soy sauce and cook for 1 minute.
4. Add cooked rice and egg to the skillet. Stir over medium heat until egg is just cooked.
5. Season with salt and pepper. If desired, top with almonds.

Nutrition Analysis
Per serving: 420 calories; 13g fat (2.5g saturated, 0g trans); 105mg cholesterol; 330mg sodium; 46g carbohydrate (4g dietary fiber; 5g sugar); 31g protein.
Vitamin A 25%, Vitamin C 100%, Calcium 6%, Iron 15% Daily Value.

Cost
Per serving: $2.37
Total ingredient cost: $25.73

Modified from www.aicr.org