



Chicken and Rice with Salsa

Ingredients

- Nonstick cooking spray
- 2 cups instant brown rice
- 2 pounds boneless, skinless chicken thighs
- 1 ½ cups water
- 1 cup salsa
- 1 teaspoon chili powder or cumin (optional)
- ½ cup reduced-fat cheddar cheese, shredded

You will also need:

Aluminum foil

Directions

1. Heat oven to 400°F.
2. Spray a baking dish with nonstick cooking spray.
3. Spread uncooked rice in bottom of dish. Place chicken thighs on top of rice.
4. Combine water and salsa. Pour over chicken and rice.
5. Cover with foil and bake for 30-40 minutes until chicken reaches an internal temperature of 165°F and rice is tender.
6. Remove from oven, sprinkle with cheese, and re-cover with foil until cheese melts.

Nutrition Facts

Serving Size 1 serving (228.53g)
Servings Per Container 8

Amount Per Serving

Calories 340 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 110mg **37%**

Sodium 380mg **16%**

Total Carbohydrate 38g **13%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 28g

Vitamin A 4% • Vitamin C 0%

Calcium 8% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.