



Bell Pepper and Chicken Skillet

Yield: 4 servings

Ingredients

- 2 cups vegetable stock
- 1 cup brown rice
- ½ pound chicken breast, cut into bite sized pieces
- ½ teaspoon kosher salt - divided
- 2 teaspoons chili powder
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 tablespoon extra virgin olive oil
- 3 bell peppers, chopped
- 1 cup diced onion
- 1 teaspoon minced garlic clove
- 2 cups diced tomatoes
- ½ cup canned black beans, drained and rinsed
- 1 tablespoon lime juice
- ½ cup shredded cheddar cheese
- ¼ cup chopped fresh cilantro

Instructions

1. In a small saucepan, add the vegetable stock and the rice and bring to a boil. Once boiling, reduce to a simmer and cover. Cook for 30 minutes, or until stock absorbs. Do not stir while cooking. Once cooked, fluff with a fork.
2. Meanwhile, coat chicken with ¼ teaspoon of salt, chili powder, oregano, and cumin.
3. Heat 2 teaspoons of oil in a large skillet, over medium high heat. Add chicken, and cook until the internal temperature of the chicken reaches 165 degrees. Once cooked, remove the chicken.
4. In the same skillet, add 1 teaspoon of oil, peppers, onions and garlic. Sauté until onions are translucent.
5. Lower heat to medium and add the tomatoes. Stir frequently. Let the tomatoes get soft and allow most of the liquid to evaporate.
6. Stir into the skillet: the rice, chicken, ¼ teaspoon of salt, beans and lime juice.
7. Garnish with the cheese and cilantro.

Nutrition Information

Serving Size: ¼ of recipe
Calories: 415
Total Fat: 11.8 g
Saturated Fat: 3.9 g
Monounsaturated Fat: 4.7 g
Polyunsaturated Fat: 1.5 g
Sodium: 826 mg
Total Carbohydrate: 54 g
Dietary Fiber: 7.7 g
Sugars: 7.4 g
Protein: 24 g

Source: Adapted from Health meets Food

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