

Chinese Chicken and Brown Rice (serves 4)

3 boneless, skinless chicken breasts
3T olive oil
1T lemon zest
3/4 C celery, diced
1/2 C onion, diced
1 C brown rice
2 C chicken stock or water
2 cloves of garlic (chopped fine)
1/2 C green beans, chopped
3/4 C broccoli florets
4 T soy sauce or amino acids
S and P to taste

1. Season chicken with salt, pepper, 1 T olive oil and lemon zest. Place in a preheated oven at 325 degrees for 25 minutes or until cooked. Allow to cool and chop into small pieces.
2. Place rice and stock (or water) in a small pot. Bring to a boil, cover and simmer for 40 minutes or until fully cooked.
3. In large pan over high heat sauté onion and celery for 3-4 minutes in 1 T of olive oil, browning slightly. Add garlic, green beans and broccoli and cook for an additional two minutes. TASTE.
4. Add chicken to pan, add 1/2 C water and place lid on pan. Cook over medium heat for 5 minutes until liquid has evaporated.
5. Remove lid, add soy sauce, TASTE, and serve.