

Chicken Sauté with Brown Rice and Vegetables
(serves 4)

4 boneless skinless chicken breasts sliced in bite size pieces
2 Tablespoons olive oil
1 Cup cooked brown rice blend
2 1/2 cups chicken stock
1 tsp. chopped thyme
1 Tablespoon chopped parsley
1 Cup sliced carrot
1 Cup sliced snow peas
3 pieces scallion chopped
1 tomato chopped
S and P to taste

1. Slice chicken into bite size pieces and season with salt and pepper.
2. Add rice and stock or water to a small pot. Bring to a boil and reduce heat so rice is at simmer. Cook covered until tender (45-50 minutes).
3. Add thyme and parsley, TASTE and set aside.
4. In a sauté pan over high heat, add olive oil, then seasoned chicken and sauté for 2 minutes.
5. Add carrots and snow peas and continue to cook for 2-3 minutes. Add scallion and fresh tomatoes and TASTE..
6. Serve chicken and vegetable sauté over the top of the prepared rice.