

Chicken Sauté with Brown Rice and Vegetables
(serves 4)

3 boneless skinless chicken breasts
2 Tablespoons olive oil
1 Cup Brown Rice Blend
1 T chopped shallot
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. In small sauce pan over medium heat add 1 tsp. olive oil and cook shallots for 2-3 minutes
3. Add rice and stir for 3-4 minutes.
4. Add stock or water and reduce heat so rice is at simmer. Cook covered until tender (45-50 minutes).
5. Add thyme and parsley, TASTE and set aside.
6. In a sauté pan over high heat, add olive oil, then seasoned chicken and sauté for 2 minutes.
7. Add carrots and snow peas and continue to cook for 2-3 minutes. Add scallion and fresh tomatoes and TASTE..
8. Serve chicken and vegetable sauté over the top of the prepared rice.