

## Southwest Chicken with Rice

### Ingredients:

4 , 3oz boneless skinless chicken breast or  
Thighs

Salt Pepper

Spray pan coating

1 teaspoon olive oil

3/4 cup chopped onion

1 clove garlic minced

1 15 oz can of diced tomatoes

1 can of chicken broth

3/4 cup brown rice

4oz can diced green chili



Spray pan add 1/2t of the oil on med heat, add the chicken pieces and season with salt and pepper, brown chicken and remove from pan. Add the other 1/2t of oil and onion and garlic, cook until tender, but not brown. Add tomatoes, chicken broth rice and green chili, stir. Add the chicken cover and simmer for 40 to 50 minutes or till rice has absorbed the liquid

Makes 4 Servings : 1 piece of chicken and 3/4 cup of cooked rice-6 points, 8 pointsplus