



PHOTO CREDIT: sea turtle

Arroz Con Pollo

Source: What's Cooking? USDA Mixing Bowl

Serving size: 297g **Servings per recipe:** 6 servings

"I made this one night after work, the rice was the most flavorful rice I have ever had. My family ate it up. I will make this again."

Ingredients

2 tablespoons vegetable oil
 1 chicken (whole, cut up, skin removed)
 1 green pepper (chopped)
 1 onion (chopped)
 3 garlic cloves (minced)
 2 tomatoes (chopped)
 2 1/4 cups chicken broth (low-sodium)
 1 bay leaf
 1 cup rice (uncooked)
 1 cup peas
 salt (to taste, optional)
 pepper (to taste, optional)

Materials

sharp knife, cutting board, measuring cups, measuring spoons, large skillet, mixing spoon

Directions

1. In a large skillet heat oil and brown chicken on both sides.
2. Add green pepper, onion, and garlic and cook for about 5 minutes.
3. Add tomato, chicken broth, bay leaf, salt and pepper to taste.
4. Cover and cook for 20 minutes.
5. Add rice, stir well, cover and simmer for 20-30 minutes longer, or until all liquid has been absorbed and chicken is tender.
6. Add peas, cook until hot.

Nutrition Facts

Serving Size 297 gram
 Servings Per Container 6

Amount Per Serving

Calories 200

| | % Daily Values* |
|-------------------------------|-----------------|
| Total Fat 4g | 6% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 15mg | 5% |
| Sodium 70mg | 3% |
| Total Carbohydrate 31g | 10% |
| Dietary Fiber 3g | 12% |
| Sugars 4g | |
| Protein 11g | 22% |

Vitamin A 20% • Vitamin C 45%
 Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|--------|--------|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

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