

Mama's Chicken and Rice

Cook it all in just one pan!



Level: Medium

Serves: 4

Kids' Tool Kit

Large nonstick skillet
Wooden spoon
Measuring cups
Measuring spoons
Can opener
Strainer

Ingredients:

1 tablespoon vegetable oil
1 pound boneless, skinless chicken breasts, diced*
2 cups water
1 cup thick and chunky salsa
2 cups minute rice
1 can (16 ounces) whole kernel corn, drained
1 cup shredded cheddar cheese, divided



Chef's Choice

Mama's Chicken and Rice
Carrot and celery sticks
Cherry tomatoes
Low fat milk



Directions:

Remember to wash your hands!

1. Heat oil in a large nonstick skillet on medium-high heat. Add diced chicken and cook until no longer pink.
2. Add water and salsa to skillet and bring to a boil.
3. Stir in rice, corn and 1/2 cup cheese. Reduce heat and simmer 5 minutes, covered.
4. Sprinkle remaining 1/2 cup cheese on top and serve.

*You can substitute a 10-ounce can of drained chicken breast meat. Omit step #1 and add chicken in step #2.



Helpful Hints: If you like a real spicy dish, add garlic, cumin, black pepper and chili pepper. This dinner contains much less fat and sodium than the popular packaged mixes.

Turn the burner to low to keep the chicken and rice from sticking to the bottom of the pan. Stir occasionally, but the secret is to keep the lid on and the steam in the pan so the rice is nice and tender when the water is absorbed.

Do you have leftover casserole? Try serving this mixture in a soft flour tortilla with some extra cheese, sour cream and salsa. Roll it up and reheat in the microwave for a special meal kids can hold to eat.



Safety Tips: Food safety begins with you. Remember to wash your hands with soap and water before and after dicing chicken breasts.

Steam can burn, so tilt the lid away from your face when you stir the ingredients in the skillet. Use a dry hot pad when lifting the lid and have another one handy to set the skillet on when you remove it from the stovetop. Planning ahead can prevent a burn.

Nutrition Facts

Serving Size 1 cup (481g)		Servings Per Container 4	
Amount Per Serving			
Calories	550	Calories from Fat	140
% Daily Value*			
Total Fat	15g		24%
Saturated Fat	7g		34%
Cholesterol	95mg		32%
Sodium	960mg		40%
Total Carbohydrate	62g		21%
Dietary Fiber	2g		9%
Sugars	6g		
Protein	40g		
Vitamin A	10%	Vitamin C	20%
Calcium	20%	Iron	15%
*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.