

### Hawaiian Chicken & Rice

(low fat & low cholesterol)

Makes 4 servings.

Preparation: 15 min. Marinate at least 2 hrs. Cook approx. 1 hr.

#### Ingredients:

- 12 oz chicken breast cut into 4 pieces
- 1 c onion chopped
- ½ green bell pepper
- ½ red bell pepper
- 1 c crushed pineapple juice in the juice (Dole used in nutrients)
- 1 c orange juice (Tropicana pure used in nutrients)
- ½ c wild rice (Lundberg used in nutrients)
- 2 T soy sauce (Kikoman lite used in nutrients)
- ¼ tsp dried parsley or paprika, or ¼ c fresh parsley finely chopped

#### Directions:

Place chicken pieces, onion, and red pepper into a large plastic bag. In a small mixing bowl stir together undrained pineapple, orange juice concentrate, and soy sauce. Pour pineapple mixture over chicken mixture in bag. Seal bag. Marinate the mixture in the refrigerator at least 2 hours, turning bag occasionally.

When ready to bake, preheat oven to 375 degrees. Before baking, drain chicken, reserving marinade and vegetables. Set chicken aside. Place uncooked rice in a large baking dish. Stir chicken broth and the reserved marinade-vegetable mixture into rice. Top with chicken pieces. Cover with foil. Bake approx. 1 hour or till chicken and rice are tender.

Garnish with parsley or sprinkle with paprika. Enjoy!



Nutrients per Serving: 277.5 calories, 23.1g protein, 41.4g carbohydrates, 1.8g fat