

# Chicken with Veggie Sticks

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 25 minutes

Serves: 4

**CChints:** Buy chicken breasts when they are on sale. Bring them home and cut off excess fat and put them in freezer bags and date them. Store in the freezer and when you are ready to cook a chicken dinner, thaw in the refrigerator for a day.

Serve the dinner over your favorite rice. The time you need depends on the type of rice you select. It could take 5 to 25 minutes. We used a flavored boxed rice mix which took 25 minutes. The goal is to have the rice done when the dinner is ready to serve. If someone you are cooking for can't eat bell peppers, you can substitute yellow squash and zucchini.



## Chicken:

4 bone-less skinless chicken breasts  
1/2 teaspoon salt  
Dash of black pepper  
1/2 teaspoon cumin  
1/2 teaspoon smoked paprika  
1/2 teaspoon Italian seasoning  
2 tablespoons olive oil

4 servings of cooked rice

## Veggie Sticks:

Try to cut them all the same size, about 1/2 inch wide and 2 inches long  
1 tablespoon olive oil  
1 med red onion, sliced thin  
2 carrots cut  
1 tablespoon water  
1/3 cup reduce fat chicken broth  
1 red bell pepper, cut  
1 asparagus, cut  
Dash of salt and pepper  
2 tablespoons each, chopped fresh herbs; thyme, oregano and parsley

Check the cooking directions on your rice. If it takes 25 minutes start it now. If it takes less time, then start it later in the recipe.

Rinse chicken, pat dry and lay on a plate. Roll out about 18 inches of plastic wrap on your work surface. You can leave each chicken breast whole or cut them in half before pounding.

Lay a piece about 3 inches from one end of the plastic wrap and fold the other end over. With a flat surface meat mallet or heavy skillet, pound each piece about 1/2 inch thick and return it to the plate. Some maybe so really large and should be cut in half. Mix the salt through Italian season together in a small bowl. Sprinkle both sides with the seasonings.

When you do the prep work on the vegetables you will want to separate two of them. Cut the onions and carrots and put each in separate bowls. The rest of the veggies can stay together.

Using a large nonstick skillet, heat 2 tablespoons olive oil over medium heat. When the oil is hot, add the chicken to the pan and brown for 3 minutes covered. When you flip them over you may need to add a little more oil to the pan. Cook for 2-3 minutes until nearly done. Remove from the pan and put in a container to keep them warm.

Since the carrots will take longer than the other vegetables, put them in a microwaveable container with the water and microwave for 1 minute 30 seconds to get the cooking started.

In the same skillet add 1 tablespoon of oil and add the onions to the pan. Cook for 2 minutes, and scrape the bottom of the pan to loosen the brown bits from the chicken. Slowly pour in the broth and add the carrots and the rest of the veggies. Sprinkle with salt and pepper and cover the pan. After 4 minutes, uncover and stir the veggies. Return the chicken to the pan and sprinkle with the fresh herbs. Reduce the heat to medium low, cover and cook for 2-3 minutes.

Drain the rice and put a serving on each plate. Top with the chicken and a spoonful of the vegetables.