

Herb Blend Chicken & Rice

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 20 minutes

Serves: 4

CChints: This recipe calls for an array of different herbs. The combination makes for a delightful chicken dish. Turmeric is a spice used in Indian and Mediterranean foods that gives the dish a golden color and great flavor. A little of this spice goes a long way.



4 boneless, skinless chicken breasts

1 teaspoon dried oregano

Pinch of black pepper

Pinch of red pepper

1 teaspoon dried thyme

1/2 teaspoon cumin

1 teaspoon garlic salt

1/2 teaspoon cinnamon

1/2 teaspoon turmeric

2 teaspoons minced dried onion

1-1/2 teaspoons olive oil

5 ounce pkg. Yellow Saffron Rice

1/2 cup reduced fat chicken broth

4 servings vegetables of choice
asparagus, squash, broccoli, etc.

1/2 teaspoon Molly McButter®

Salt & pepper to taste

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.

In a bowl, combine the herb mixture starting with the oregano and ending with the dried onion. Combine well, and sprinkle over both sides of the chicken.

Heat a nonstick skillet over medium heat and spread the oil out in the pan. When the pan is hot, add each piece of chicken and cook for 2 minutes on each side. Remove from the pan and put in a container to keep warm.

Slowly pour in the chicken broth, scraping the bottom of the pan to loosen the chicken bits. Add the rice to the pan and stir for 1 minute. Return the chicken to the pan and turn the heat down to a simmer. Cover and cook for 20 minutes or the time directed on the rice package.

During this time, wash everything that came in contact with the raw chicken and start your side vegetable. You want to prepare the side vegetable so it is done when the rice and chicken are done.

Wash your vegetables and cut them into bite size pieces. Place in a microwavable container. Sprinkle with the butter flavor sprinkles and cover the container. Leave an opening or hole for steam to escape. Microwave on high for 2 minutes. If making 4 servings, stir after 2 minutes and check for desired tenderness. Microwave another minute or two, if desired. Season with salt and pepper and serve.

To plate this dish, put a serving of rice on each plate and top with a piece of chicken. Serve with the side vegetable and enjoy!