

## **Southern Chicken Skillet**

Courtesy of Carole's Creations

Prep Time:

Cooking Time:

Serves:

**CChints:** This is a one dish meal. The only thing you might want to add is hot rolls or a side salad. This is a well balanced meal that is low in fat, high in fiber and protein. It contains vitamin A, C, iron and calcium along with beta-carotene.

An easy way to make garlic toast is simply putting your bread in the toaster. When it comes out, butter the bread immediately and sprinkle it sparingly with garlic salt. Yum! Do this right before serving the meal. The kids will love it or the kid in you.



- 1 cup cooked multi-grain or brown rice
- 3/4 pound boneless, skinless chicken breast cut into bite-size pieces
- 1 teaspoon olive oil
- 1 cup fresh asparagus cut into 1 inch pieces
- 3/4 cup reduce fat chicken broth
- 1 cup frozen corn, thawed
- 1/2 cup red bell pepper, chopped
- 1-1/2 teaspoons fresh thyme or 1/2 tsp. dry
- 1-1/2 teaspoons fresh oregano, chopped or 1/2 tsp. dry
- Dash of Salt and pepper
- 1 glove minced garlic, fresh or from a jar
- 1/8 teaspoon red pepper like cayenne or  
1/4 teaspoon chili powder
- 15 ounce can blackeyed peas, rinsed and drained, like Glory Foods® brand

Cook your rice according to package directions. We used rice that took 25 minutes so we started the rice at the beginning of our cooking time. If you are using one that only takes 5 minutes, start your rice later. The goal is to have the rice finish its cooking time when you are finished cooking the rest of the meal.

In a large nonstick skillet, heat oil over medium heat. While you are waiting on this to warm up, rinse your chicken, and cut it into pieces. Put the chicken in the skillet and turn pieces over occasionally until they are almost done, about 5 minutes. Be sure to wash any surfaces or utensils that came in contact with the raw chicken.

At the same time, put the asparagus in a microwave safe container. Add about 1 teaspoon of water and cover the container, leaving an opening for the steam to escape. Microwave on high for 2 minutes and then pour them into the pan with the chicken.

If your rice is done, drain and keep it covered until you need it at the end.

Slowly pour the chicken broth into the pan and let it come to a low boil. Then add all of the remaining items and turn the heat down to medium-low. Cover and cook for 5 minutes, stirring occasionally. During this time, start your toast or a side salad.

To plate this dish, put rice on each plate and spooning the chicken mixture over the top. Serve with garlic toast and enjoy.