

# Arroz Con Pollo

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF AKEISHA HAYDE

Servings: 14 Serving Size: 1 Cup

Ingredients	Quantity	Measure
Mexican Fiesta Rice	1	Box
Olive oil	1	Tablespoon
Onion, 1/2" dice	1/2	Cup
Suntan peppers, 1/2" dice	1/2	Cup
Garlic, minced	2	Tablespoons
Black beans	1	Cup
Gardein Chick'n Strips	12	Ounces
Cilantro, chopped	1/4	Cup
Scallions, thinly sliced on bias	1/4	Cup

## Preparation

1. Sauté onion, peppers & garlic in olive oil.
2. Add water per rice mix instructions. Stir in seasoning packet and black beans. Bring to broth to a simmer and remove from heat.
3. Dice Gardein Chick'n strips and roast in oven until crisp.
4. In a hotel pan mix broth with rice & Gardein Chick'n. Cover tightly with parchment paper and foil.
5. Bake in 350°f oven until water has been absorbed and rice is cooked through.
6. Fluff rice and spoon into serving dish. Garnish with cilantro and scallions.

## Nutrition Information \*From USDA Nutrient Database

Calories: 135 Total Fat: 3.6g Saturated Fat: 0.7g Cholesterol: 2mg Trans Fat: 0g Sodium: 158mg Carbohydrate: 2mg Fiber: 3.2g Sugar: 1.7g Protein: 7.6g

