

# Eat Smart • Move More

## Chicken and Rice with Salsa

**Prep Time:** 10 minutes

**Total Time:** 45 minutes



### Ingredients

Nonstick cooking spray  
2 cups instant brown rice  
2 pounds boneless skinless chicken thighs  
1 ½ cups water  
1 cup salsa  
½ cup reduced fat cheddar cheese, grated

### Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>1 serving (243.3g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>340</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 110mg	<b>37%</b>
<b>Sodium</b> 380mg	<b>17%</b>
<b>Total Carbohydrate</b> 38g	<b>14%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 2g	
Includes g of Added Sugars	
<b>Protein</b> 28g	
Vitamin D 0mcg	<b>0%</b>
Calcium 79mg	<b>6%</b>
Iron 2mg	<b>10%</b>
Potassium 488mg	<b>10%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Directions

- Heat oven to 400°F. Spray a baking dish with nonstick cooking spray.
- Spread uncooked rice evenly in the bottom of the baking dish.
- Layer chicken on top of rice.
- Combine water and salsa. Pour over chicken and rice.
- Cover with foil and bake for 30-40 minutes until chicken reaches an internal temperature of 165°F and rice is tender.
- Remove the foil and sprinkle with cheese. Cover again with foil and heat until cheese melts.

### Quick Tips

- ▶ Add black beans for added fiber and protein.
- ▶ If using canned beans, remember to drain and rinse to remove up to 40% of the sodium content.
- ▶ Serve with guacamole for added vegetable intake.

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(Recipe adapted from: <https://www.budgetbytes.com>.)

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