

Chicken with Garlic Parmesan Rice

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Serves 4

Blue – 10

Purple – 6 (if you use brown rice!)

Green – 14

- 1 1/2 pounds chicken breast tenders
- salt and pepper to taste
- 1/2 tsp garlic powder
- 1 Tbsp olive oil
- 1/4 cup light butter
- 2 Tbsp minced garlic
- 1/4 tsp red pepper flakes
- 1 tsp salt, divided
- 1/2 cup dry white wine
- 1 cup uncooked white or brown rice
- 3 cups chicken broth
- 1 1/2 oz freshly grated Parmesan cheese

1. In a large skillet, heat olive oil over medium heat. Season chicken with salt and pepper and garlic powder. Saute chicken until nicely browned and cooked through. Remove from skillet and set aside

2. Add butter, garlic, pepper flakes and 1/2 tsp of salt to the empty skillet and saute garlic for a few minutes on medium heat
3. Turn heat to medium high and add white wine. Cook and stir about 5 minutes. Remove and set aside 3 Tbsp of pan sauce to use later
4. Add uncooked rice to skillet with the remaining butter sauce. Stir well – make sure it is completely covered. Add chicken broth and remaining 1/2 tsp salt. Bring mixture to a low boil and reduce heat to medium low. Cover pan and simmer for 20 minutes (longer for brown rice) or until rice is tender. Stir several times while it is cooking
5. Sprinkle Parmesan over rice then arrange chicken in skillet over rice. Cover, remove from heat and let stand 5 minutes.
6. Drizzle reserved 3 tablespoons of pan sauce over chicken tenders when serving.