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### **Chicken And Rice Healthy Dinner Recipe**

Take the skin off chicken to lower saturated fat and calories.

6 chicken pieces (legs and breasts), skinned  
2 teaspoons vegetable oil  
4 cups water  
2 tomatoes, chopped  
1/2 cup green pepper, chopped  
1/4 cup red pepper, chopped  
1/4 cup celery, diced  
1 medium carrot, grated  
1/4 cup corn, frozen  
1/2 cup onion, chopped  
1/4 cup fresh cilantro, chopped  
2 cloves garlic, chopped fine  
1/8 teaspoon salt  
1/8 teaspoon pepper  
2 cups rice  
1/2 cup frozen peas  
2 ounces Spanish olives  
1/4 cup raisins

### **Here's how to prepare your healthy dinner recipe:**

1. In a large pot, brown chicken pieces in oil.
2. Add water, tomatoes, green and red peppers, celery, carrots, corn, onion, cilantro, garlic, salt, and pepper. Cover and cook over medium heat for 20 to 30 minutes or until chicken is done.
3. Remove chicken from the pot and place in the refrigerator. Add rice, peas, and olives to the pot. Cover pot and cook over low heat for about 20 minutes until rice is cooked.
4. Add chicken and raisins and cook for another 8 minutes.

### **How many people your healthy dinner will feed:**

Yield: 6 servings--Serving size: 1 cup rice and 1 piece chicken

### **Each serving of this dinner recipe provides:**

Calories: 448  
Total fat: 7 g  
Saturated fat: 2 g  
Cholesterol: 49 mg  
Sodium: 352 mg  
Calcium: 63 mg  
Iron: 4 mg