

# Wild West Chicken and Rice

Serves 8

1 tablespoon canola oil  
1 pound skinless, boneless chicken breast halves, cut into bite-size pieces  
2 cups frozen corn kernels, thawed  
2 cups water  
One (15½-ounce) can black beans, drained and rinsed  
1½ cups instant brown rice, uncooked  
1½ cups salsa  
1 teaspoon chili powder  
1 teaspoon ground cumin  
1 cup Cheddar cheese, reduced-fat, shredded  
½ cup sour cream, reduced-fat

1. Heat the oil in a large saucepan over medium-high heat. Add the chicken and cook, stirring frequently, until lightly browned, about 5 minutes.
2. Stir in the corn, 2 cups water, beans, rice, salsa, chili powder and cumin and bring to a boil.
3. Reduce the heat and simmer, covered, until the rice is tender, about 15 minutes.
4. Stir in the cheese until melted. Serve in individual bowls and top with sour cream.

## TIP:

- Make your chicken and rice WILDER with spicier salsa!

## Nutrition Facts:

Serving size: About 1 cup; Calories: 340; Fruit and Vegetables: 1 serving; Fat: 10 g; Fiber: 6 g



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