

CREAMY ARROZ CON POLLO

Makes 6 servings

INGREDIENTS

- 6 oz. cooked chicken
- 3 cups cooked brown rice
- 3 oz. chicken broth, low sodium
- 1-1/2 tsp cumin
- 1/2 cup plain fat-free Greek yogurt
- 1 tsp. chipotle cinnamon
- 2 cups reduced fat cheddar cheese, shredded

INSTRUCTIONS

1. Combine all ingredients, except for cheddar cheese, in a bowl. Mix thoroughly.
2. Place chicken mixture into 8 X 8 square pan and spread evenly.
3. Top pan of chicken mixture evenly with cheddar cheese. Bake at 350°F for 15 minutes until temperature reaches 165° F
4. Cut into 6 even portions (3x2).

NUTRITIONAL FACTS: PER SERVING

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|-----------------------|------------------------|
| Calories: 236 | Calcium: 282 mg |
| Total Fat: 7.02 g | Protein: 20 g |
| Saturated Fat: 3.55 g | Carbohydrates: 23.53 g |
| Cholesterol: 17.2 mg | Dietary Fiber: 1.28 g |
| Sodium: 332.61 mg | |

