



Mexican Skillet Rice

TOTAL TIME: Prep/Total Time: 30 min.

YIELD: 6 servings.

I never come home with leftovers when I take this dish to potlucks and parties. But I do bring back quite a few compliments. —Mary Ann Dell, Phoenixville, Pennsylvania

Ingredients

- 1 large egg, beaten
- 1 pound chicken tenderloins, chopped
- 1 small onion, chopped
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 2 cups cooked jasmine or long grain rice
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (11 ounces) Mexicorn, drained
- 1 jar (7 ounces) roasted sweet red peppers, drained and sliced
- 1 jar (8 ounces) taco sauce
- 2 green onions, chopped
- 1/4 cup minced fresh cilantro

Directions

1. In a large skillet coated with cooking spray, cook and stir egg over medium-high heat until set. Remove and set aside.
2. In the same skillet, stir-fry chicken and onion in oil until chicken is no longer pink. Add garlic; cook 1 minute longer. Stir in the rice, beans, Mexicorn, peppers, taco sauce and green onions; heat through. Stir in reserved egg. Sprinkle rice with cilantro.

Nutrition Facts

1-1/3 cups: 302 calories, 4g fat (1g saturated fat), 80mg cholesterol, 793mg sodium, 40g carbohydrate (7g sugars, 5g fiber), 25g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 1/2 fat.