Grab ‘n’ Go Dinner for Tonight

Lemon Rice with Chicken Tenders

Ingredients	Where to Find It
16 oz. Package frozen broccoli	Frozen Vegetables
3 Cups cooked instant brown rice	Aisle 2
6 Medium green onions, chopped (1 cup)	Produce
2 Cloves garlic, finely chopped	Produce
1 Cup reduced-sodium chicken broth	Aisle 2
1.5 Pounds frozen chicken breast tenders, thawed and cut into bite size pieces	Frozen Poultry
2 Tsp grated lemon peel	Produce
1/3 Cup lemon juice (juice of 1 1/ 2 large lemons)	Produce
1/4 Tsp freshly ground black pepper	Aisle 5
1 tbsp. capers, rinsed and drained	Aisle 1
3 Tbsp chopped fresh parsley	Produce

1. Cook brown rice according to the directions on the package, but do not add salt or oil, and stir in frozen broccoli with the rice.
2. Meanwhile, cook onions, broth and garlic in 12– inch nonstick skillet over medium heat for 3 minutes, stirring occasionally, until onions are tender. Stir in chicken; cook for 3 minutes.
3. Grate lemon rind before juicing the lemons. Stir lemon peel, lemon juice, capers and black pepper into the chicken mixture. Drain any excess liquid from the rice and broccoli mixture; add to skillet. Cook about 3 minutes or until rice is hot and chicken is fully cooked; remove from heat. Stir in parsley.

Makes 6 servings

Lemon Rice with Chicken Tenders
Servings Per Meal (6)

Amount Per Serving	
Calories 297	**Calories from Fat 100**
	% Daily Value*
Total Fat 4.7g	7 %
Saturated Fat 1g	5%
Cholesterol 50mg	17%
Sodium 880mg	37%
Total Carbohydrate 23.6g	8%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 40g	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Shape Up Tip
To make this a complete meal, add:
- **Watermelon Wedge**
- **Beverage**

Tonight’s Grab ‘n’ Go Dinner
Cost per serving: $1.26

To find the Grab ‘n’ Go dinner recipe ingredients look for this logo throughout the store.

SHAPE UP
Kittitas County
www.shapeupkc.org

All ingredients will be marked with the Shape Up Kittitas County logo.