

Grab 'n' Go Dinner for Tonight

Peachy Keen Chicken with Rice Serves: 4

Ingredients:

4 chicken breast halves, bone in or boneless, skin removed (20 oz)
 1/4 tsp salt
 1/8 tsp freshly ground black pepper
 1 Tbsp olive oil
 1 medium onion, slices into rings
 3/4 cup peach salsa (or peach mango)
 1 Tbsp orange juice concentrate, thawed
 1 1/2 cups quick cooking brown rice, uncooked
 1 (14.5 oz) can reduced sodium chicken broth
 1 (15 oz) can sliced peaches, packed in juice
 2 Tbsp chopped fresh cilantro or flat leaf parsley

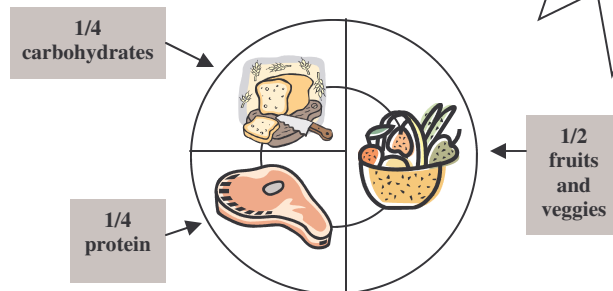
Where to find it:

Meat Dept
 Aisle 5
 Aisle 5
 Aisle 5
 Produce
 Aisle 2
 Frozen juices
 Aisle 2
 Aisle 3
 Aisle 3
 Produce

1. Heat oil in a large nonstick skillet over medium heat. *Remove skin from chicken breasts by gripping the skin with a paper towel and pulling gently. Season chicken with salt and pepper, and brown on both sides, about 5-6 minutes total. Remove from pan and keep warm.
2. Add onion to the pan and cook for 1 minute, stirring often. Return chicken breast to the pan.
3. Drain peaches, reserving juice; set peaches aside. Combine salsa, orange juice concentrate, and peach juice in a small bowl. Pour over chicken in the skillet, cover and simmer for 10 minutes or until chicken is no longer pink in the center.
4. Meanwhile, cook rice according to package directions without added salt or oil, use your chicken broth for part of the water that is called for. Keep warm.
5. Add peach slices and cilantro to chicken mixture, cover and simmer for 3 minutes more, or until heated through. Serve over hot rice.

Peachy Keen Chicken with Rice	
Servings Per Meal (4)	
Amount Per Serving	
Calories 420	Calories from fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Cholesterol 70mg	23%
Sodium 650mg	27%
Total Carbohydrate 59g	20%
Dietary Fiber 3g	12%
Sugars 25g	
Protein 31g	
Vitamin A 15%	• Vitamin C 35%
Calcium 4%	• Iron 10%
*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	

A Healthy Plate Includes carbohydrates, protein, fruits and vegetables



Create a healthy plate by adding steamed sugar snap peas or green beans and a beverage.

Tonight's Grab 'n' Go Dinner Cost per serving: \$1.95

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

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

