

## Holiday Recipe Challenge

The beauty of this recipe is you can substitute protein, grain, vegetables, and fats to match whatever you have on hand and to whatever macro ratio you want to achieve. Best of all you are sitting down to eat 20 minutes after you start.

### **Ingredients**

1 C (cooked)	Whole Grain Brown Rice (I used Success Boil-In-Bag)
1 Can (6.75 oz drained)	Kirkland Chicken Breast
¼ C Chopped	Scallions
¼ C Diced	Red Bell Pepper
½ T	Unsalted Butter

### **Directions**

1. Put 4C water in a pan along with bag of rice and heat on High. Boil for 10 minutes.
2. Wash and cut up vegetables.
3. Put butter in a pan and heat on medium high. When butter melts add chicken and vegetables. Stir frequently for 7 minutes.

### **Serve (serves 2)**

1. Put ½ the rice on a plate.
2. Cover rice with ½ the chicken and vegetables.
3. Place remainder in a microwave bowl with tight cover and refrigerate. Tomorrow's dinner is ready in 60 seconds.

### **Nutrition**

Calories	: 320
Fat	: 6g
Protein	: 26g
Carb	: 40g
Sodium	: 477 mg
Fiber	: 3g