Mama's Chicken and Rice

This recipe makes 4 servings

Ingredients:

1 tablespoon vegetable oil
1 pound boneless, skinless chicken breasts, diced*
2 cups water
1 cup thick and chunky salsa
2 cups Minute Rice
1 can (16 ounces) whole kernel corn, drained
1 cup shredded cheddar cheese, divided

Variations: *You can substitute a 10-oz. can of drained chicken breast meat. Omit step #1 and add chicken in step #2.

Directions: (1) Heat oil in a large nonstick skillet on medium-high heat. Add diced chicken and cook until no longer pink. (2) Add water and salsa to skillet and bring to a boil. (3) Stir in rice, corn and ½ cup cheese. Reduce heat and simmer 5 minutes, covered. (4) Sprinkle remaining ½ cup cheese on top and serve.

Nutrition Facts: *Serving size is 1 cup. Servings per container = 4.* 550 calories per serving, 15g total fat, 95mg cholesterol, 960 mg sodium, 62g total carbohydrate.

Recipe courtesy of K-State Research & Extension Family Nutrition Program - Kids a Cookin' at http://www.kidsacookin.ksu.edu/

FAMILY DAY FACT:
When asked whether they prefer to have dinner with their families or to eat alone, 84 percent of teens surveyed say they prefer to have dinner with their families, compared to 13 percent who say they prefer to eat dinner alone (three percent responded "don't know" or gave no response). Even among older teens (16- and 17-year olds), 81 percent say they prefer to have dinner with their families.

Source: *CASA's The Importance of Family Dinners IV, 2007.*