



Haitian Style Chicken and Rice



Recipe Source: Adapted from www.cookingmatters.org

Ingredients

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| 2 cups brown rice, uncooked | 1 onion, diced |
| 2 pounds boneless, skinless chicken thighs | 2 bell peppers, diced |
| 2 tablespoons canola oil | ½ small serrano or jalapeno pepper, seeds removed and diced (optional) |
| ¼ cup water | 1 clove garlic, minced |
| 1 small lime, juiced | Pinch of salt and pepper to taste |
| ¼ teaspoon dried thyme or 1 tablespoon fresh thyme | |

Directions

1. Prepare brown rice according to package directions.
2. On a separate plastic cutting board, trim the excess fat from the chicken thighs and dice into 1-inch cubes.
3. Place a skillet over medium heat and add the oil. Once the pan is hot, add the chicken cubes and cook until they are browned on all sides, about 3-4 minutes.
4. Add the water, lime juice, thyme, onions, peppers, garlic, salt and pepper. Cook for another 3 minutes. Reduce heat to low, cover, and cook for 15-20 minutes. Serve over brown rice.

Serves: 8 • Serving Size: $\frac{2}{3}$ cup chicken/veggies with $\frac{1}{2}$ cup cooked rice • Prep Time: 15 minutes Cook Time: 30 minutes

Chef Tips

1. Top with diced avocado and more bell peppers
2. Use cubed pork loin or chicken breast instead of chicken thighs
3. Add extra spice by adding a whole habanero pepper during step 4 - remove it completely before serving

Supplies

- Measuring cups
- Measuring spoons
- Saucepan
- Cutting board
- Knife
- Large skillet
- Spatula
- Small bowl



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Nutrition Facts Per Serving: 305 Calories, 9 g Fat, 40 g Carbohydrate, 16 g Protein, 53 mg Sodium