**Haitian Style Chicken & Rice**

**Recipe Source:** Adapted from www.cookingmatters.org

**Ingredients**

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

**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:** 2/3 cup chicken/veggies with ½ cup cooked rice ● **Prep Time:** 15 minutes **Cook Time:** 30 minutes

**Supplies**

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

**Chef Tips**

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

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