COLORFUL CHICKEN AND RICE

Yield 4 servings
Serving Size 1/4 c rice, 4 oz chicken

Each Serving Provides:
Calories: 387
Total Fat: 3g
Saturated Fat: 1g
Cholesterol: 41mg
Sodium: 477mg
Total Fiber: 11g
Protein: 29g
Carbohydrates: 63g

Ingredients:
- 2 large (6-8oz) chicken breasts, roasted or grilled
- 2 cups wild rice, cooked
- 1 red bell pepper, chopped
- 1 cucumber, chopped
- ¾ large red onion
- 2 cloves garlic, minced
- 1 can kidney beans, drained and rinsed
- ¾ cup corn
- ¼ cup fresh cilantro
- ½ cup lime juice
- Salt + Pepper to taste

Directions:
Combine the chopped vegetables, kidney beans, corn and rice. Add cilantro and lime, then combine all the ingredients. Add salt and pepper to taste. Serve chicken on top of rice.

Wellness Kitchen at East Campus
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