

Chicken and Rice with Chipotle Cilantro Sauce

Adapted from a *Cooking Light* recipe, June, 2008

Internet Address:



Start off with 3/4 cup of green onions - then divide it into 1/4 cup portions.

CILANTRO SAUCE:

1/4 cup chopped green onions

1/4 cup fresh cilantro leaves

1/2 cup low-sodium chicken broth

1 whole garlic cloves, minced and divided

1 tablespoon chipotle chile canned in adobo, mashed until smooth (or more or less to suit your taste)

RICE:

2 tablespoons olive oil, divided

8 ounces mushrooms, crimini, sliced

1 cup long-grain rice

1/2 cup water

1 1/4 cups low-sodium chicken broth

1 teaspoon ground cumin

2 tablespoons fresh flat-leaf parsley, chopped

CHICKEN:

1 tablespoon butter

24 ounces boneless skinless chicken breast halves (4) about 6 ounces each

2 teaspoons oregano, dried

GARNISH:

1 teaspoon olive oil

3/4 cup cherry tomatoes, or grape tomatoes, halved

Cilantro sprigs (optional)

Servings: 4

1. Combine 1/4 cup green onions, cilantro leaves, 1/4 teaspoon salt, 1/8 teaspoon pepper, 1/2 cup broth, chipotle chile, and 1 garlic clove in a food processor; process until blended.

2. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add 1/4 cup green onions, mushrooms, and remaining garlic clove to pan; sauté 2 minutes. Add half of the cilantro mixture, remaining 1 1/4 cups broth, rice, 1/2 cup water, and cumin to pan; bring to a boil. Cover, reduce heat, and simmer 25 minutes or until liquid is absorbed. Remove from heat; cover and let stand 5 minutes. Add parsley to rice mixture; fluff with a fork.

3. Gently pound the chicken breasts to a more even thickness, about 1/2 inch. Heat remaining 1 tablespoon oil and butter in a large skillet over medium-high heat. Sprinkle chicken with the remaining salt, pepper and oregano. Add chicken to pan; cook 5 minutes on each side or until done. Remove chicken from pan; cut each chicken piece crosswise into 1/2-inch slices.

4. Heat 1 teaspoon olive oil in a small saucepan over medium-high heat. Add remaining 1/4 cup onions and tomatoes; sauté 2 minutes. Arrange 1 cup rice mixture on each of 4 plates; top each serving with 1 sliced breast half, 2 tablespoons tomato mixture and the remaining cilantro sauce. Garnish with cilantro sprigs, if desired.

Per Serving (excluding unknown items): 492 Calories; 15g Fat (26.4% calories from fat); 49g Protein; 43g Carbohydrate; 2g Dietary Fiber; 107mg Cholesterol; 181mg Sodium. Exchanges: 2 1/2 Grain(Starch); 6 Lean Meat; 1 Vegetable; 2 Fat.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>