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Chicken and Peppers with Brown Rice

Ingredients:

- 2 6-ounce chicken breasts, cut in 1/2-inch strips
- 1 tsp olive oil
- 1 clove garlic, crushed
- 1 cup uncooked brown rice
- 1 large red bell pepper, sliced thin
- 1 medium yellow onion, sliced thin
- 1/2 cup low-sodium chicken broth
- 1 tsp corn starch
- 1 tsp mild curry powder
- 1 tsp salt, divided
- 1/2 tsp pepper

Directions:

1. Prepare brown rice in the microwave per package instructions, adding 1/2 teaspoon salt before cooking.
2. Meanwhile, heat olive oil in a large heavy skillet over medium-high heat. Once hot, add the chicken breast and season with 1/2 teaspoon salt and the black pepper. Sauté chicken, stirring occasionally, for five minutes.
3. Add onion, red pepper, garlic and curry powder and cook for another five minutes.
4. Combine chicken broth and cornstarch in a covered plastic container, shake well and add all at once to skillet. Cook, stirring constantly, for about two minutes or until smooth and thickened.
5. To serve, spoon 1 cup cooked rice onto a plate and top with half of the chicken and peppers.

