

# Santa Fe Chicken & Rice

Serves: 6 Serving Size: 1 cup

## Ingredients

- 1 cup uncooked brown rice or white rice
- 1 tablespoon olive oil
- Salt and pepper to taste
- 2-3 skinless chicken breast, cut into strips or canned chicken (10-15 oz)
- 1 can (15 oz) black beans, drained and rinsed
- 1 can (15 oz) whole kernel corn, drained
- 1 cup mild salsa
- 1/2 cup shredded mozzarella cheese or jalapeno Monterey Jack cheese
- Optional: chopped red and green bell peppers

## Directions

- 1.) Prepare rice according to package directions.
- 2.) Heat oil in a large skillet over medium-high heat. Season chicken with salt and pepper. Add chicken and cook, stirring frequently, 5-6 minutes, until chicken is no longer pink. Add cooked rice, black beans, corn, salsa, red and green bell peppers. Cook for 3-4 minutes, until heated through and thoroughly combined.
- 3.) Sprinkle with cheese and allow to melt.
- 4.) Can eat with chips, wrapped in warm tortilla, or on its own. Enjoy!



Recipe and photo: <https://successrice.com/recipes/>

Nutrition per serving: 356 calories, 27 g protein, 9 g fat, 42 g carbs, 580 mg sodium