



Basque Style Chicken

Recipe Courtesy Chef Bryan Woolley

- 4 half chicken breasts
- 2 pounds tomatoes, diced
- 1 large bell pepper diced
- 1 large onion, sliced
- 2 garlic cloves minced
- 1 cup rice
- 2 cups low fat and low sodium chicken stock
- Extra virgin olive oil
- Salt and pepper to taste

1. Grill each chicken breast for about 2 minutes on each side. This should be enough time to put some nice color on the breasts.
2. Transfer chicken to a large oven safe casserole dish that has been lightly oiled
3. Pour rice over chicken followed by chicken stock.
4. Pour in the diced tomatoes, bell pepper, onion, and garlic. Salt and pepper to taste. Cover with aluminum foil
5. Place in a preheated 400-degree oven for about 40 minutes. Remove aluminum foil and continue cooking for about 15 minutes.
6. Serve and Enjoy!

Makes 4 servings

Nutrition Facts

Serving Size: One Chicken breast with ¼ vegetables and rice

Calories	300
Total Fat	2g
Saturated Fat	.5g
Cholesterol	35mg
Sodium	230mg
Carbohydrates	51g
Dietary Fiber	4g
Sugars	9g
Protein	22g

Diabetic Exchanges

Protein	3
Fat	0
Carbohydrates	3