

Chicken and Rice - Herbed Tomato
Beyan Al-Ghosen - DFAIT/MAECI

Ingredients:

- 1/4 cup Kraft Calorie-Wise Zesty Italian Dressing
- 4 small boneless skinless chicken breasts (1 lb./450 g)
- 2 cloves garlic, minced
- 1 can (28 fl oz/796mL) diced tomatoes, undrained
- 1-1/2 cups instant white rice, uncooked
- 1 cup water
- 1 cup Kraft Part Skim Mozzarella Shredded Cheese
- fresh tomato, chopped
- Tbsp. chopped cilantro

Instructions:

- Heat dressing in large skillet on medium heat. Add chicken and garlic; cover. Cook 5 min. on each side or until chicken is evenly browned. Remove from skillet
- Add canned tomatoes, rice and water to skillet; stir. Bring to boil. Reduce heat to low; simmer, uncovered, 10 min., stirring occasionally. Return chicken to skillet; top with cheese. Cook, covered, 5 min.
- Top with fresh tomatoes and cilantro