

# Chicken & Brown Rice Skillet

- 1/3 cup low-fat Italian salad dressing
- 1 pound boneless, skinless chicken
- 2 teaspoon dried oregano or Italian seasoning
- 4 cups cut fresh vegetables such as broccoli, green pepper, or carrots; or 1 bag frozen vegetables, thawed (16 ounces)
- 1 can reduced sodium chicken broth (14.5 ounces) or 1½ cups water
- 2 cups instant brown rice, uncooked

1. Cut chicken into bite size chunks.
2. Heat the salad dressing in a large, deep skillet on medium heat.
3. Add chicken and sprinkle with oregano. Cook 5 minutes, stirring once.
4. Add vegetables and broth or water. Simmer 5 minutes.
5. Stir in rice. Cover. Simmer 5 minutes. Turn off heat and let stand, covered, 5 minutes or until the liquid is absorbed.