

GF Chicken and Yellow Rice with Broccoli and Cheddar Cheese

Makes 6 servings.

Prep Time: 15 minutes

Cook Time: 40 minutes

Ingredients:

- 2 tablespoons oil, divided
- 1 1/2 pounds gluten-free chicken tenders or boneless skinless chicken breasts, cut into strips
- 1 cup chopped onion
- 1/2 teaspoon minced garlic
- 2 1/2 cups water
- 1 package Zatarain's Yellow Rice
- 1 package (10 ounces) frozen broccoli florets, thawed
- 1 teaspoon hot pepper sauce (optional - make sure it's gluten-free)
- 1 cup shredded cheddar cheese

Directions:

1. Heat 1 tablespoon of the oil in large skillet on medium-high heat. Add chicken; cook and stir 5 minutes or until browned. Remove chicken; set aside.
2. Heat remaining 1 tablespoon oil in skillet. Add onion and garlic; cook and stir 4 minutes or until softened. Add water; bring to boil, stirring to release browned bits from bottom of skillet. Stir in Rice Mix; return to boil. Reduce heat to low; cover and simmer 20 minutes.
3. Place broccoli and chicken over rice; cover. Cook 5 minutes longer or until broccoli and chicken are heated through.
4. Season with pepper sauce, if desired. Sprinkle cheese over top; cover. Remove from heat. Let stand 5 minutes or until cheese is melted.