

GF Tropical Chicken and Rice

Makes 6 (1-cup) servings.

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients:

- 1 tablespoon vegetable oil
- 1 pound gluten-free boneless skinless chicken breasts, cubed
- 2 1/2 cups water
- 2 tablespoons butter
- 1 package ZATARAIN'S Caribbean Rice Mix
- 1 cup mango cubes
- 1 cup canned or fresh pineapple cubes
- 1/2 cup chopped banana
- 2 to 4 tablespoons chopped cilantro

Directions:

1. Heat oil in large skillet on medium-high heat. Add chicken; cook and stir 4 minutes or until browned. Remove chicken; set aside.
2. Add water and butter to same skillet; bring to boil. Stir in Rice Mix; return to boil. Reduce heat to low; cover and simmer 15 minutes. Add chicken; mix well. Cover and cook additional 10 minutes or until rice is tender. Remove from heat. Let stand 5 minutes.
3. Add mango, pineapple, banana and cilantro; mix lightly.