

# Chicken, Vegetable, Grain Skillet

THE JAMES  
Mobile  
Education  
Kitchen

## Diabetes Friendly

**Items Needed:** cutting board, knife, measuring cups, measuring spoons, fork, skillet with lid, wooden spoon

**Serves:** 4

### Ingredients:

- 2 tsp olive oil
- 1 cup diced rotisserie chicken
- 2 cups vegetables
- 2 cups cooked whole grain- rice, quinoa, farro, etc.
- 4 tbsp. chicken broth or stock
- 1 cup cheddar cheese
- Pinch salt
- Pinch pepper

### Directions:

1. Heat olive oil in medium sauté pan until oil appears wavy
2. Add chicken, onion and broccoli; sauté 4-5 minutes
3. Add rice and quinoa blend with chicken stock/broth; heat 2-3 minutes
4. Once the rice is tender and warm, top mixture with cheese and cover until melted

### Nutrition Information (per ¼ recipe):

Calories: 281 Fat: 9 g Carbs: 28 g Protein: 22 g Fiber: 3 g Sodium: 430mg

<https://wexnermedical.osu.edu/nutrition-services>

<https://wexnermedical.osu.edu/diabetes-endocrinology/diabetes-education>

**Diabetes & Metabolism**  
Research Center

