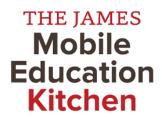
# Chicken, Vegetable, Grain Skillet



## **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 1/4 recipe):

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

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

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