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 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