

## Lemon Garlic Chicken & Rice



### Makes:

8 servings

### Utensil:

1 Qt./9 L Sauce Pan with Cover

11" Large Skillet with Cover

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### Recipe:

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1½ cups  
mixed brown and wild rice  
(285  
g)  
3 teaspoons  
dried oregano  
(3  
g)  
1½ teaspoons  
salt  
(3  
g)  
¾ teaspoon  
ground black pepper  
(1.5  
g)  
3 pounds  
skinless, boneless chicken breast halves  
(1.35  
kg)  
3 teaspoons  
fresh parsley, chopped  
(4  
g)

### Sauce

¾  
cup water (180 mL) 9  
tablespoons lemon juice (135 mL) 6  
cloves garlic, minced 3  
teaspoons chicken bouillon (8 g)  
granules

### Directions:

1. Cook rice according to package directions.
2. In a bowl, mix the oregano, salt and pepper. Rub the mixture into chicken. Preheat skillet over medium heat 3 - 5 minutes. When several drops of water sprinkled on pan skitter and dissipate, place chicken in the skillet and brown each side for 3 - 5 minutes.
3. In a small saucepan, mix water, lemon juice, garlic and

- bouillon. Bring mixture to a simmer over medium heat for 5 minutes. Pour over chicken in skillet.
4. Cover and cook on low heat for 1 hour. Add parsley to the skillet 15 - 30 minutes before the end of the cook time.
  5. Plate the rice, and use as a bed for the chicken before serving.

Nutritional Information per

▼ Serving

**Calories:** 327  
**Total Fat:** 3g  
**Saturated Fat:** 1g  
**Cholesterol:** 99mg  
**Sodium:** 690mg  
**Total** 30g  
**Carbs:**  
**Dietary Fiber:** 2g  
**Sugar:** 1g  
**Protein:** 42g