CHICKEN CURRY BROWN RICE CASSEROLE

SERVES 6

Preparation time: 20 minutes
Cook time: 1 hour

INGREDIENTS

- 2 cups low sodium chicken stock
- 1 15-ounce can diced tomatoes
- ¾ cup brown rice
- ½ cup golden raisins
- 1 tablespoon lemon juice

- 1 tablespoon curry powder
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- 3 cloves garlic, minced
- 1 pound skinless, boneless chicken breasts or thighs, cut into 1-inch pieces

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. In a skillet, stir together chicken stock, diced tomatoes, brown rice, raisins, lemon juice, curry powder, garlic, cinnamon, and salt. Bring to a boil, then stir in uncooked chicken pieces.
3. Transfer mix to a casserole dish.
4. Cover and back for 45 minutes to one hour. Stir once or twice during baking time.

SIMPLY GOOD EATING

Preparation time: 20 minutes
Cook time: 1 hour

TIPS & VARIATIONS

- USE CANNED CHICKEN in place of chicken breasts. Rinse canned chicken to remove some of the sodium.
- KIDS CAN HELP by measuring and stirring the ingredients together.