

# One-Pan Chicken, Brown Rice, & Veggies

Serving Size: 1 cup | Servings per Recipe: 4 | Heart Healthy



## INGREDIENTS

- 1 lb. skinless chicken breast
- 2 cups cooked brown rice
- 2 cups frozen mixed vegetables
- 1 tbsp oil
- 1 tsp garlic powder
- ½ tsp black pepper

## DIRECTIONS

- Heat oil in a large pan over medium heat.
- Cook chicken until browned and cooked through (6–8 min).
- Add vegetables and cook until heated.
- Stir in rice and seasonings. Heat 5 minutes, stirring.

Calories per serving: 380 kcal | 6 g total fat | 38 g total carbohydrates | 32 g protein