

CHICKEN SUQAAR & VEGETABLE RICE

Yield: 8 Servings

CHICKEN SUQAAR INGREDIENTS

- * 1 lb. or 4 cups diced cooked Chicken
- * 1/4 cup chopped Cilantro
- * 3/4 cup chopped Onion
- * 1 cup frozen or fresh sliced Carrots
- * 1 cup chopped Green Pepper
- * 1 tsp. Chicken Base
- * 1 tsp. minced Garlic
- * 1/8 cup Oil

CHICKEN SUQAAR DIRECTIONS

- * Saute all ingredients (except chicken) in oil until tender.
- * Add chicken.
- * Mix well.
- * Heat to 165° F.
- * Serve over Vegetable Rice.

NUTRITIONAL INFORMATION PER SERVING

- * Calories: 283
- * Cholesterol: 48 mg
- * Sodium: 534 mg
- * Fiber: 2 g
- * Protein: 17 g
- * Carbohydrates: 26 g
- * Total Fat: 11 g
- * Trans Fat: 0

VEGETABLE RICE INGREDIENTS

- * 1 cup Cilantro
- * 2 cups canned Carrots
- * 1 cup Onion
- * 1 Tbsp. minced Garlic
- * 4 cups Water
- * 1/4 cup Oil
- * 2 cups Basmati or Long Grain Rice
- * 2 tsp. Chicken Base
- * 1 tsp. Salt

VEGETABLE RICE DIRECTIONS

- * Puree cilantro, carrots, onion, garlic and 1 cup water until smooth.
- * Heat oil in kettle.
- * Add rice, salt and chicken base.
- * Lightly brown.
- * Add rice, pureed vegetables and 3 cups water.
- * Cook mixture on medium heat for 10 minutes.
- * Cover and transfer to 350° F. oven for 15 minutes or until water is absorbed.



Recipe courtesy of
Saint Paul Public Schools Nutrition Services