

Creamy Parmesan Rice with Chicken

By Patti Keating
of Bayonne High School

- 1 Tablespoon Olive (or Cooking) Oil
- 4 Boneless, Skinless Chicken Breasts
- 3 Garlic Cloves, Minced
- 1 1/2 Cups White Rice
- 2 Can (14 1/2 oz.) Chicken Broth
- 1 Cup Shredded Parmesan Cheese
- 1 Cup Frozen Peas Thawed



Heat oil in a medium– large skillet, add chicken, cook over medium-high heat 5 to 7 minutes, or until light brown; season with salt and pepper, if desired. Add garlic, cook briefly, stir in rice and chicken broth. Bring to a boil. Cover, reduce heat;

simmer for 20 minutes, or until chicken juices run clear.

Remove from heat, stir in parmesan cheese and peas.

Cover and let stand 5 minutes (**serves 4**)

**(for extra creaminess, stir in butter and / or 2 table-
spoons of cream with the parmesan cheese)**

ENJOY!