

Chicken Paella (pie-ey-a)

What you will need



2 teaspoons (tsp) extra virgin olive oil or vegetable oil



Cooking Spray



1 lb boneless, skinless chicken breasts or tenderloins, cut into 1 inch cubes



1 medium green bell pepper and 1 medium red bell pepper (both thinly sliced)



2 medium chopped tomatoes, lightly mashed in a bowl with a fork (save the juices!)



1 small onion (chopped)



1 tsp garlic (minced, from jar)



1/8 tsp turmeric OR
1/4 tsp saffron



1/2 tsp parsley



1 can no-salt-added green peas, drained



2 cup long-grain rice (cooked to package instructions)



1 cup low-sodium chicken or vegetable broth

Cooking Instructions

1



Cut the chicken into one inch cubes, or about the size of a dice. Spray a large skillet with cooking spray, add chicken and cook over medium-high heat 5-7 minutes, stirring occasionally.

2



Remove chicken from pan when it is cooked through and light brown in color.

3



Add oil, chopped bell peppers and onions to skillet - stir well and cook 5 minutes until onions begin to become clear and soft.

4



Add tomatoes, peas, garlic, parsley and turmeric (or saffron). Stir and cook 2 minutes.

5



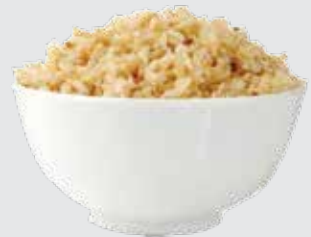
Reduce to medium-low heat, add broth and chicken, stir well and cover.

6



Simmer for 20 minutes

7



Remove the film from the cup. Place the cup in the microwave and heat for 1 minute. CAREFULLY remove the cup from the microwave using an oven mitt or potholder. Repeat these same steps for another cup of rice.

8



Add rice to the skillet, mix well and heat until warmed through.

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and information about adapted
cooking, please visit



American
Heart
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www.heart.org



Community Health Education & Exercise Resources

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This recipe was used in Project CHEER's partnership with The American Heart Association's Simple Cooking for Heart Program