

veggie NATION



Greek Chicken With Rice

4 servings
Prep Time: 15 minutes / Cook Time: 25 minutes

- 2 tablespoons Bertolli Olive Oil
- 1-1/4 pounds boneless, skinless chicken breasts, cut into 1-inch pieces
- 1 small onion, chopped
- 1 medium red bell pepper, chopped
- 1/2 teaspoon dried oregano leaves, crushed
- 1 clove garlic, finely chopped
- 1 bag (10 ounces) baby spinach leaves
- 2-1/4 cups water
- 1 package Knorr Sides Plus Veggies — Roasted Chicken Rice with Harvest Vegetables
- 2 tablespoons lemon juice
- 1/4 cup crumbled reduced fat feta cheese (optional)

Heat 1 tablespoon olive oil in a large nonstick skillet over medium-high heat and cook chicken about 5 minutes, until chicken is thoroughly cooked, stirring occasionally. Remove chicken and keep warm.

Add remaining olive oil to skillet and cook onion, red pepper and oregano over medium heat about 4 minutes, until vegetables are tender, stirring occasionally. Add garlic and cook 1 minute. Add spinach; toss to coat. Cover and cook about 2 minutes, until spinach is partially wilted, stirring occasionally.

Stir in water and packaged side. Bring to a boil. Reduce heat and cook covered about 10 minutes, until rice is tender. Stir in chicken and lemon juice. Sprinkle with cheese.

Nutrition information per serving: Calories 430, Calories From Fat 110, Saturated Fat 3g, Total Fat 12g, Cholesterol 95mg, Sodium 310mg, Total Carbohydrate 41g, Sugars 6g, Dietary Fiber 6g, Protein 40g

These recipes meet Produce for Better Health Foundation (PBH) and Centers for Disease Control and Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods as well as Unilever's Eat Smart Drink Smart recipe program which helps consumers identify better-for-you recipes using products from Unilever. For information on Unilever's Choices Program, visit www.unileverus.com.

For more tasty recipes starring vegetables, visit www.knorr.com.



Chicken Vegetable Rollatini

5 servings
Prep Time: 30 minutes / Cook Time: 35 minutes

- 1 package Knorr Sides Plus Veggies — Cheddar Rice with Broccoli and Carrots
- 2 large red bell peppers, chopped
- 5 boneless, skinless chicken breast halves, pounded 1/4 inch thick (about 1-1/2 pounds)
- 1/4 cup Japanese-style panko bread crumbs
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon Bertolli Olive Oil
- 1 small yellow onion, chopped
- 1 clove garlic, chopped
- 1 box (10 ounces) frozen chopped spinach, thawed and squeezed dry

Preheat oven to 375°F. Prepare packaged side according to directions, omitting spread. Stir in 1 chopped red pepper; let cool 10 minutes.

Top each chicken breast with about 1/4 cup rice; reserve remaining rice and set aside. Roll chicken and secure with wooden toothpicks. Combine bread crumbs with cheese in shallow dish, then coat chicken. Heat olive oil in large nonstick skillet over medium-high heat and brown chicken. Arrange chicken in 11 x 7-inch glass baking dish. Bake 20 minutes until chicken is thoroughly cooked.

Meanwhile, in same skillet, cook remaining red pepper and onion with 2 tablespoons water, covered, over medium heat 5 minutes, until tender, stirring occasionally. Add garlic and cook 30 seconds, stirring. Stir in spinach and reserved rice and cook 3 minutes, until spinach is heated through, stirring frequently. Remove toothpicks and serve sliced chicken over spinach mixture.

Nutrition information per serving: Calories 340, Calories From Fat 60, Saturated Fat 1.5g, Total Fat 7g, Cholesterol 80mg, Sodium 490mg, Total Carbohydrate 32g, Sugars 6g, Dietary Fiber 5g, Protein 39g

... where
vegetables rule
and nutrition
reigns

FAMILY FEATURES

More is better when it comes to health-boosting produce. Yep, mom was right when she told you to eat your vegetables — to the tune of two and a half cups a day.* You also need to down two cups of fruit each day!

Ready to up the ante on your veggie consumption? The great news is all forms count — fresh, frozen, canned, dried, and 100 percent juice. Fresh, frozen, canned and dried veggies can be easily incorporated into main dishes like Italian-inspired Chicken Vegetable Rollatini. This recipe uses fresh bell peppers, frozen spinach and a package of rice mix made with two full servings of vegetables, including broccoli and carrots. Moreover, Greek Chicken With Rice is a recipe that also calls for fresh vegetables and a package of rice mix made with two servings of veggies for convenience and added flavor. A simple Asian Noodle Salad is a tasty choice for a nutritious part of a lunch or light dinner.

Serve these dishes enhanced with the convenient dried vegetable mix and make a habit of adding appropriate portions of fresh veggies and sliced fruit to your lunch or dinner table. Before you know it, you'll be well on your way to creating your own veggie and fruit dynasty.

*Based on 2005 USDA Dietary Guidelines for a 2,000 kcal pattern.

Asian Noodle Salad

6 servings
Prep Time: 20 minutes / Cook Time: 10 minutes

- 1 package Knorr Sides Plus Veggies — Teriyaki Noodles with Asian Style Vegetables
- 1/4 cup rice wine vinegar
- 1 tablespoon Skippy Natural Creamy Peanut Butter Spread
- 1 teaspoon vegetable oil (optional)
- 3 cups coleslaw mix
- 1 cup thinly sliced red bell pepper
- 1 cup thinly sliced cooked chicken or pork
- 1 small cucumber, peeled, seeded and diced
- 1/4 cup thinly sliced red onion

Prepare packaged side according to directions, cool. Stir in vinegar, peanut butter and oil. Stir in remaining ingredients.

Chill about 1 hour before serving.

Nutrition information per serving: Calories 350, Calories From Fat 90, Saturated Fat 1.5g, Total Fat 10g, Cholesterol 50mg, Sodium 420mg, Total Carbohydrate 40g, Sugars 11g, Dietary Fiber 5g, Protein 25g



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