

CHICKEN WITH PEARS & RICE

MAKES: 6 servings (~1 cup each)

INGREDIENTS

- 1-1/2 cups dry brown rice
- 1-1/2 cups apple juice*
- 1-1/2 cups vegetable or chicken broth
- 1 teaspoon salt
- 1/2 Tablespoon olive oil
- 1 lb chicken breasts, cut into 1" cubes
- 1 small onion, sliced
- 2 medium pears, sliced
- 1/2 teaspoon cinnamon (optional)

***Substitute 1-1/2 cups of water for the apple juice if you do not have at home.**

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DIRECTIONS

In a saucepan combine apple juice and broth. Bring to a boil over high heat. Once boiling, add rice and salt and reduce to low heat. Cover and simmer until rice is cooked and all of the water has been absorbed (about 40 minutes). Set aside.

In a large skillet, heat olive oil over medium high heat. Add the cubed chicken and sliced onions. Cook chicken for about 10 to 15 minutes until cooked through and slightly golden. Set aside.

Heat oven to 450°F. Wash and then cut pear into slices. Arrange slices in a single layer on a greased baking sheet. Bake for about 10 minutes or until soft. In a large bowl, mix together the cooked rice, cooked chicken and onions, and pears. Add cinnamon and mix well. Then serve warm.

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