

Whole Grains For The Whole Family



(NAPSA)—It's estimated that nine out of 10 Americans do not have enough whole grain in their diet. New USDA Dietary Guidelines recommend consuming three or more ounce-equivalents of whole grain per day. Eating whole grains may lower the risk of heart disease, diabetes and certain cancers and help with weight loss.

Fortunately, there are easy-to-prepare whole-grain foods available. For example, using Minute Brown Rice in place of white rice can be a simple way to add whole grains to your family's menu. Try this delicious low-fat recipe that can be prepared in 30 minutes.

Herbed Tomatoes, Chicken and Rice

- ¼ cup KRAFT LIGHT DONE RIGHT! House Italian Reduced Fat Dressing**
- 4 small boneless skinless chicken breast halves (about 1 lb.)**
- 2 cloves garlic, minced**
- 1 can (28 oz.) diced tomatoes, undrained**
- 1 cup water**
- 2 cups MINUTE Brown Rice, uncooked**

- 1 cup KRAFT 2% Milk Shredded Reduced Fat Mozzarella Cheese**
- 1 medium tomato, chopped**
- 2 Tbsp. chopped cilantro**

HEAT dressing in large skillet on medium heat. Add chicken and garlic; cover. Cook 5 min. on each side or until chicken is browned. Remove from skillet; set aside.

ADD canned tomatoes and water to skillet. Stir in rice; bring to boil. Reduce heat to low; simmer, uncovered, 10 min. Return chicken to skillet. Sprinkle with cheese; cover.

COOK on low heat 5 min. Top with tomato and cilantro.

NUTRITION INFORMATION (per serving)

Calories 430; Total fat 10g; Saturated fat 4g; Cholesterol 80mg; Sodium 650mg; Carbohydrate 47g; Dietary fiber 6g; Sugars 8g; Protein 38g; Vitamin A 30% DV; Vitamin C 50% DV; Calcium 45% DV; Iron 10% DV.

Diet Exchange: 1 Fat, 4 Meat (VL), 2½ Starch, 2 Vegetable

For more recipes, visit www.minuterice.com.