

Delightful Food Ideas

Quick Meals For Busy Days

(NAPSA)—During the week when time is short, it's a good idea to have a few recipes on hand that will put a nutritious and tasty meal on the table in less than half an hour.

Simple ingredients cooked up with readily available basics, such as garlic and rice, could help save time.

For instance, this recipe makes a complete meal and begins with the convenience of chicken breasts. Lemon, garlic and smoky cumin are the basic flavors for a quick sauté. The addition of carrots cooked in the same pan along with the chicken and seasonings brings the flavors through. Served over rice spiked with natural raisins, this is a satisfying meal that also delivers excellent nutrition.

For more quick and nutritious meals, visit www.SunMaid.com.

Lemon Garlic Chicken

- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 2 teaspoons ground cumin
- 4 skinless, boneless chicken breasts
- ¼ cup fresh lemon juice
- ½ teaspoon freshly grated lemon zest
- 2 cups sliced carrots
- Salt and freshly ground pepper
- 3 cups hot, cooked brown rice
- ½ cup Sun-Maid Natural Raisins
- 2 tablespoons chopped fresh parsley or cilantro



Lemon Garlic Chicken can be a quick, nutritious family favorite.

Heat oil in a heavy frying pan over medium heat; add garlic and cumin and sauté until aromatic, about 2 minutes.

Add chicken breasts and sauté about 2 minutes, turning chicken over to brown on all sides. Add lemon juice and bring mixture to simmer.

Cover and simmer 20 to 30 minutes until chicken is fully cooked, adding lemon zest and carrots after 10 minutes. Season with salt and pepper to taste.

Combine cooked rice, raisins and parsley. Serve chicken over rice. Serves 4.

Nutrients per Serving: Calories 583; Protein 60g; Fat 11.3g (Sat. Fat 2g); Carbohydrate 57g; Dietary Fiber 6.3g; Cholesterol 137mg; Sodium 212mg