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Herbed Rice with Chicken and Beans

Ready In: 30 minutes

Serves: 4

This is an easy dish that your family will love. The traditional version of this recipe calls for fava beans and dill, which is a delicious combination.

Ingredients

- » 1 tablespoon Olive Oil
- » 1 Onion *Small, halved and sliced thinly*
- » 2 cups Brown Rice *Cooked*
- » 8 ounces Fava Beans *about 2 cups* or Lima Beans or Butter Beans
- » $\frac{1}{2}$ teaspoon Salt
- » $\frac{1}{4}$ teaspoon Black Pepper
- » 1 cup Fresh Herbs *chopped, such as dill, mint, cilantro, and/or parsley*
- » 2 Chicken Breasts *cooked, skinned, shredded (about 2 cups)*

What you'll need

- » Sharp knife
- » Cutting board
- » Measuring spoons
- » Measuring cups
- » Large skillet
- » Medium pot or rice cooker
- » Spatula or spoon

Directions

1. Heat oil in a large, nonstick skillet. Add onion and sauté until soft, about 5 minutes.
2. Add cooked rice, beans, salt and pepper.
3. Add the herbs, saving some of them for garnish later. Stir in $\frac{1}{4}$ cup water and simmer until completely absorbed, about 5 minutes.
4. Mound rice on a platter and top with cooked chicken. Garnish with reserved herbs. Serve with Yogurt with Cucumber and a large salad.

Chef's Tips

- » [Recipe for Yogurt with Cucumber](#)
- » To cook brown rice: Combine 1 cup raw brown rice with 2- $\frac{1}{2}$ cups water and a pinch of salt. Bring to a boil. Then cover, reduce heat to low and simmer until tender, about 30 minutes. Set aside, covered, for 10 minutes. Fluff with a fork before using.



Photo attribution: My Tu Duong

Nutrition Facts	
Serving Size 1.50 cup	
Serving Per Container 4	
Amount Per Serving	
Calories 393	
	% Daily Value*
Total Fat 7 g	9%
Saturated Fat 1 g	5%
Sodium 360 mg	16%
Total Carbohydrate 51 g	19%
Dietary Fiber 5 g	18%
Protein 29 g	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	

