



## Italian Chicken Rice

4 servings

Prep Time: 10 minutes Cook Time: 15 minutes

- 1 Tbsp. I Can't Believe It's Not Butter!® Spread
- 1 lb. boneless, skinless chicken breasts, sliced
- 1 package Knorr® Rice Sides™ - Chicken flavor
- 12 ounces thin asparagus, cut into 1-inch pieces (about 2 cups)
- 1/4 cup chopped sun-dried tomatoes
- 2 Tbsp. grated Parmesan cheese

Melt Spread in large nonstick skillet over medium-high heat and cook chicken, stirring frequently, until chicken is thoroughly cooked, about 4 minutes. Remove chicken and set aside.

Prepare Knorr® Rice Sides™ - Chicken flavor in same skillet according to package directions, stirring in asparagus and sun-dried tomatoes during the last 5 minutes of cook time.

Stir in chicken and sprinkle with Parmesan cheese.

### **Nutritional Information 1 serving :**

Calories 330 , Calories from Fat 70 , Total Fat 7 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 80 mg, Sodium 580 mg, Total Carbs 34 g, Dietary Fiber 3 g, Sugars 3 g, Protein 31 g, Vitamin A 20 %, Vitamin C 15 %, Calcium 8 %, Iron 20 %