



Lemon Garden Chicken

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

6 ounces haricots verts or thin green beans , cut into bite-size pieces (about 2 cups)

1 large red bell pepper, sliced

1 Tbsp. fresh lemon juice

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 haricots verts and bell pepper during the last 5 minutes of cook time.

Stir in chicken and lemon juice.

Nutritional Information 1 serving :

Calories 330 , Calories from Fat 60 , Total Fat 7 g, Saturated Fat 1.5 g, Trans Fat 0 g, Cholesterol 75 mg, Sodium 540 mg, Total Carbs 34 g, Dietary Fiber 3 g, Sugars 3 g, Protein 29 g, Vitamin A 30 % , Vitamin C 100 % , Calcium 4 % , Iron 10 %