

Mexican Recipes

Arroz con Pollo/Chicken and Rice Serves 6.

2 Tbsp. vegetable oil	2-1/4 cups low-sodium chicken broth
1 whole chicken, cut up, skin removed	1 bay leaf
1 green pepper, chopped	1 cup uncooked rice
1 onion, chipped	1 cup peas
3 garlic cloves, minced	Salt and pepper
2 tomatoes, chopped	



1. In a large skillet heat oil and brown chicken on both sides.
2. Add green pepper, onion, and garlic and cook for about 5 minutes.
3. Add tomato, chicken broth, bay leaf, salt and pepper to taste.
4. Cover and cook for 20 minutes.
5. Add rice, stir well, cover and simmer for 20-30 minutes longer, or until all liquid has been absorbed and chicken is tender.
6. Add peas, cook until hot.

**NUTRITION FACTS (per serving) - Calories 340 ~ fat 9 g ~ calories from fat 80 ~ sodium 200 mg
~ total carbohydrate 35 g ~ fiber 3g**

Spiced Bananas Serves 4.

4 firm bananas	1/2 tsp. cinnamon
1/4 cup powdered sugar	4 tsp. margarine



1. Peel bananas and cut each banana in half lengthwise
2. Place banana halves on a lightly greased oven-proof pan.
3. Sprinkle bananas with sugar (1 Tbsp. per banana);
4. Sprinkle with cinnamon and dot with butter (1 tsp. per banana).
5. Bake in oven at 325°F for 7 minutes.
6. Remove bananas from oven. Spoon the sauce from the bottom of the pan over the top of the bananas.
7. Return pan to oven and cook another 7-8 minutes longer.
8. Serve warm.

**NUTRITION FACTS (per serving) - Calories 170 ~ fat 4 g ~ calories from fat 35 ~ sodium 45 mg
~ total carbohydrate 37 g ~ fiber 4g**



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The Family Nutrition Program is funded with Food Stamp Administrative funds by the Food, Nutrition & Consumer Services of the U.S. Department of Agriculture.