ISRAELI SPICED CHICKEN with Oven Roasted Vegetables

INGREDIENTS

6lb Boneless/skinless chicken breast
4 1/4 Tbs Paprika
4 1/4 Tbs Cumin seeds (ground)
3 1/4 tsp Oregano (dried)
3 1/4 tsp Coriander leaf (ground)
1 1/2 tsp Chili powder
6 Tbs Olive oil
4 3/4 qt Brown rice
25 svg Oven Roasted Vegetables (90 g per serving)

INSTRUCTIONS

1. Prepare brown rice according to package directions. Set aside and keep warm for serving.
2. In a bowl, combine spices and mix well.
3. Place chicken in a 2 inch hotel pan. Drizzle with olive oil to barely coat meat and rub liberally with spice blend. Let stand for 10 minutes.
4. Bake at 325°F for approximately 45 minutes or until internal temperature reaches 165°F.
5. For each individual portion, serve with 3/4 cup of brown rice and 1 cup of roasted vegetables.

NUTRITION

Calories: 340
Sodium: 135 mg
Trans Fat: 0 g
% Calories from Saturated Fat: 4%

Number of Servings: 25 (312 g per serving)
Recipe courtesy of Stephens Memorial Hospital