



Chicken Pesto and Rice

Servings: 4

Prep: 20 minutes
Cook: 15 minutes
Ready: 35 minutes

Ingredients

1 cup brown rice, raw

2 TBSP olive oil

1 ½ lbs. chicken breast, boneless skinless, sliced thin

Salt & black pepper

1 cup (1 medium sized) tomato, diced

½ cup Pesto (recipe below)

Homemade Pesto

makes 1 ½ cups

Ingredients

3 cups fresh basil leaves

¾ cup unsalted pine nuts or sunflower seeds

4 cloves garlic

¼ tsp kosher salt

½ cup Parmesan cheese, grated

¾ cup olive oil



Foods that can help your run or workout



Tip 1: This is Olympian runner Carrie Tollefson's favorite recipe for post-workout.

Tip 2: Chicken is high in protein to help maintain muscle mass and keep you full longer.



Tip 3: Our homemade pesto recipe is made with healthy ingredients like garlic to boost your immune system and basil to help improve gut health.

What you'll need



measuring cups



medium saucepan & lid



blender



measuring spoons



large skillet

Chicken Pesto and Rice

Instructions

1. Cook rice (1 cup) according to package directions. Once cooked, remove from heat and let rest. Fluff with fork before serving.
2. For the pesto - place basil (3 cups), pine nuts or sunflower seeds (½ cup), garlic (4 cloves), salt (¼ tsp) and cheese (½ cup) in a food processor or blender.
3. Gradually add olive oil (¾ cup) and blend until pesto is a paste consistency. If desired, season with additional salt and pepper to taste.
4. Heat a large skillet over medium heat and add olive oil (2 TBSP). Once oil is hot, add chicken (1 ½ lbs.) and season with salt and pepper.
5. Cook until chicken cooked through and slightly browned, stirring periodically, about 10 minutes.
6. Add tomatoes (1 cup) and cook until tender, about 1-2 minutes.
7. Add pesto (½ cup) and mix well.
8. Portion chicken pesto on top of cooked rice.



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Nutrition Facts

Servings 4

Amount Per Serving

Calories **403**

% Daily Value

Total Fat 22g **33%**

Saturated Fat 4g **18%**

Monounsaturated Fat 13g

Polyunsaturated Fat 4g

Trans Fat 0g

Cholesterol 86mg **29%**

Sodium 817mg **34%**

Potassium 185mg **5%**

Total Carbohydrate 12g **4%**

Dietary Fiber 1g **5%**

Sugars 1g

Protein 38g **77%**

Vitamin A **30%**

Vitamin C **10%**

Calcium **47%**

Iron **11%**