



JACKIE'S CHICKEN, RICE AND SPINACH!

Yummy for breakfast, lunch and dinner. Well...maybe not breakfast.

 2 portions

INGREDIENTS

- 8 oz of chicken, broilers or fryers, dark meat, thigh, meat only, raw [226 g]
- 2 cups of rice, brown, medium-grain, cooked [390 g]
- 2 cups of spinach, raw [60 g]
- 1 clove of garlic, raw [3 g]
- 1 unit yields of lemon juice, raw [48 g]
- 1 dash of salt, table [0 g]
- 0.3 tsps of spices, nutmeg, ground [1 g]

COOKING METHOD

- ¹⁰ Coat the bottom of a large skillet with olive oil and place over medium-high heat. Once the oil is hot, place the chicken skin-side down in the pan. Cook, without moving, until the skin is crispy, 3 to 5 minutes. Flip and cook until the second side is golden, another 3 to 5 minutes. Move the chicken to a serving plate. Add the spinach and garlic to the skillet, and sprinkle with the nutmeg and a pinch of salt. Sauté until the spinach is wilted, about 2 minutes. Remove from the heat and stir in the lemon zest and juice. Serve immediately with the crispy chicken and brown rice.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (364 g)	% DRI
ENERGY	102 kcal	371 kcal	19 %
FAT	2 g	7 g	10 %
FATTY ACIDS, TOTAL SATURATED	0 g	2 g	8 %
CHOLESTEROL	29 mg	106 mg	35 %
SODIUM	58 mg	211 mg	9 %
CARBOHYDRATE	14 g	49 g	16 %
SUGARS	0 g	1 g	—
FIBER	1 g	4 g	17 %
PROTEIN	8 g	28 g	—