

Portuguese Chicken and Rice

Yield: 5 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/portuguese-chicken-rice-recipe>

Ingredients:

- 1 tablespoon extra virgin olive oil
- 1 onion
- 1 cup mushrooms
- 5 cloves garlic
- 4 boneless chicken breasts *See notes
- 1 tablespoon fresh thyme or 1 tsp. dried thyme
- 1/2 cup white wine **See notes
- 1 cup roasted red peppers
- 1/2 cup sun dried tomatoes
- 1 1/2 cups chicken broth
- salt
- pepper
- 1/2 cup pimento-stuffed green olives or your favorite green olive
- 1 lemon
- 2 cups cooked rice

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 115 milligrams
4. Fat: 9 grams
5. Fiber: 3 grams
6. Protein: 42 grams
7. SaturatedFat: 2 grams
8. Sodium: 890 milligrams
9. Sugar: 4 grams

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