

Chicken and Roasted Corn Mexican Rice

Yield: 8 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-roasted-corn-mexican-style>

Ingredients:

- 2 cups rice I used brown today
- 2 tablespoons extra-virgin olive oil
- 1 cup white onion finely chopped
- 1 tablespoon minced garlic fresh
- 1/2 cup tomato sauce
- 1 teaspoon ground cumin
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon garlic salt Lawry's
- 2 cups chicken finely shredded
- 1 cup corn kernels roasted, mine were from Trader Joe's frozen section
- 1/4 cup chopped cilantro fresh

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 40 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 17 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 480 milligrams
9. Sugar: 3 grams

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