

Featured Ingredient... Rhubarb



RHUBARB SALSA CHICKEN AND RICE

Recipe from Carla Burke, RD

INGREDIENTS

- 1 c diced fresh rhubarb (about 6 stalks rhubarb)
- 1 red onion
- 1 poblano pepper
- 1 yellow bell pepper
- 1 orange bell pepper
- 1 jalapeño
- 2 bunch cilantro
- 3 roma tomatoes
- 2 tsp brown sugar
- 2 limes
- 3 tsp salt
- 1 clove garlic
- 2 Tbsp olive oil
- 2 Tbsp butter
- 2 lb chicken thighs
- 1½ c dry white rice

DIRECTIONS

1. With 1 tsp salt, salt chicken thighs and set aside for at least 35 minutes while cooking rice and chopping salsa.
2. On the stove top, cook 2 parts rice to one part water over medium heat. When the water over the rice starts to boil, move to a low simmer and cover for 15-20 minutes or until water is absorbed, then remain covered and set off to the side.
3. Dice rhubarb, red onion, tomatoes, bell peppers and poblano pepper. Mince garlic and jalapeño. Roughly chop cilantro. Mix all of the vegetables into a large bowl. Juice limes into the bowl and add brown sugar, 2 tsp of the salt, and olive oil. Lightly toss to combine salsa.
4. In a large skillet, heat butter over medium high heat. When hot, add chicken to the pan to sear. Flip when golden on the first side, or about 45 seconds, continue to cook, flipping occasionally to avoid burning. Cook chicken until the internal temperature reaches 165 degrees. Add ½ of the salsa over the chicken and cover for 2 minutes.
5. Plate or add into storage containers for leftovers, putting the rice down first, then the chicken, and topping with the salsa.



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ALLERGY SUBSTITUTIONS

- Wheat: this recipe is gluten free
- Soy: there is no soy in this recipe
- Nuts: there are no nuts in this recipe
- Eggs: there are no eggs in this recipe
- Dairy: To avoid butter use olive oil

MAKE IT CHEAPER

You can use frozen rhubarb if you would like. Chicken thighs are often cheaper than chicken breasts, however, if you would like to do this as a whole roasted chicken that is topped with salsa, that could work too!

Adjust this salad to meet your goals may making these modifications to the ingredients:

WEIGHT GAIN

Use 4 Tbsp olive oil and 4 Tbsp butter instead of 2 and increase the rice to 2 cups dry rice

WEIGHT LOSS

Use 1 Tbsp butter and 1 Tbsp olive oil instead of 2 and decrease to 1 c of dry rice

SPORTS PERFORMANCE

Increase to 2.5 c rice and increase to 3 lb chicken

