


[PRINT](#)
[CLOSE](#)


AICR's Weekly Health-e-Recipe email from: www.aicr.org.

Tuesday, January 12, 2010, Issue No. 278

[Print Recipe](#)

EASY ANYTIME ONE-POT

Pack veggies and lean meat into an anytime meal that everyone will enjoy. Hearty brown rice contains essential vitamins and minerals and has nearly four times more fiber than enriched white rice. Research has shown that diets high in fiber may help lower the risk of colorectal cancer.

Brown Rice Pilaf with Squash and Chicken

- 1 cup brown rice (uncooked)
- 2 cups fat-free reduced-sodium chicken broth
- 2 Tbsp. extra-virgin olive oil
- 1 large onion, peeled and chopped
- 1 red bell pepper, seeded and chopped
- 1 cup chopped zucchini
- 1 cup chopped yellow squash
- 2 cups cubed cooked chicken breast
- 1 1/2 Tbsp. reduced sodium soy sauce
- 1 large egg, lightly beaten
- Salt and freshly ground black pepper, to taste



Cook brown rice according to package instructions, substituting chicken broth for water.

Meanwhile, in large nonstick skillet, heat olive oil over medium-high heat. Add onion, bell pepper, zucchini and yellow squash and sautŽ for 5 minutes, or until vegetables are tender. Add chicken and soy sauce and cook for 1 minute. Add cooked rice and egg to the skillet. Stir over medium heat until egg is just cooked.

Season to taste with salt and pepper. Garnish with toasted almonds and serve.

Makes 5 servings.

Per serving: 327 calories, 9 g total fat (2 g saturated fat), 36 g carbohydrate, 24 g protein, 3 g dietary fiber, 459 mg sodium.

To see more AICR recipes visit our [Test Kitchen](#).

We want to know what you think. Send your questions and comments to recipes@aicr.org.

[AICR's Diet and Health Guidelines for Cancer Prevention](#).

The American Institute for Cancer Research (AICR) is the cancer charity that fosters research on diet and cancer prevention and educates the public about the results.

Forward this email message to a friend.

Subscribe to *AICR's Health-e-Recipes*.

Unsubscribe from *AICR's Health-e-Recipes*.

Update your email address by sending an email to recipes@aicr.org with your new and old contact information.

This email was sent by AICR to your email address.

AICR Health-e-Recipes is sent from recipes@aicr.org. Please add this email address to your address book and/or safe list so that it is not filtered out as spam.

Copyright 2010 All Rights Reserved: www.aicr.org

American Institute for Cancer Research, 1759 R Street, NW, Washington, DC 20009

1-800-843-8114

[Make a Donation](#) | [aicr.org home](#) | [Privacy Statement](#)