

**Uncle Ben's "Whole Grains Made Easy" Recipe Contest Winner  
July 31, 2006**

**Bev Jones, Brunswick, MO**

**CRAN-GERINE CHICKEN & BROWN RICE**

This dish has that homemade, slow-simmered taste because the rice and chicken are already cooked to perfection, and the cranberries and tangerine flavors add brightness. This will become a family favorite for a quick, healthy meals that the kids can help make. Serves 4

- 1/2 cup dried cranberries
- 1/3 cup fresh tangerine juice
- 1 (8.8-ounce) package Uncle Ben's Ready Rice Chicken Whole Grain Brown Rice
- 1 cup cooked, shredded rotisserie chicken
- 1 cup frozen peas, thawed
- 2 green onions, thinly sliced
- 1/4 teaspoon fresh rosemary, chopped
- 1/2 teaspoon grated tangerine zest (optional)
- 1/3 cup roughly chopped smoked almonds (optional)

In a 2-quart microwave safe dish, combine cranberries and tangerine juice. Cook in microwave on high for 1 minute. Add rice, chicken, peas, green onions and rosemary. Heat in microwave on 50% power for 5-7 minutes, or until heated through. Stir in tangerine zest and sprinkle with almonds. Serve.

**Nutrition Analysis (per serving with almonds)**

Calories: 327  
Total fat: 9 grams  
Saturated fat: 1 gram  
Trans fat: 0 grams  
Monounsaturated fat: 4 grams  
Polyunsaturated fat: 2 grams  
Cholesterol: 30 milligrams  
Sodium: 703 milligrams  
Total carbohydrate: 43 grams  
Dietary fiber: 4.4 grams  
Protein: 18 grams  
Vitamin A: 17%  
Vitamin C: 24%  
Iron: 9%  
Calcium: 5%

**(without almonds)**

Calories: 270  
Total fat: 3.5 grams  
Saturated fat: .5 grams  
Trans fat: 0 grams  
Monounsaturated fat: .5 grams  
Polyunsaturated fat: .5 grams  
Cholesterol: 30 milligrams  
Sodium: 703 milligrams  
Total carbohydrate: 43 grams  
Dietary fiber: 3.7 grams  
Protein: 16 grams  
Vitamin A: 17%  
Vitamin C: 20%  
Iron: 7%  
Calcium: 3%

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