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Texas Two-Step Chicken

Prep Time: 20 minutes

Cook Time: 10 minutes

Cost per serving: \$0.92

What you need:

Utensils:

- 2-quart shallow baking dish
- Measuring cups & spoons
- Mixing bowl & spoon
- Meat thermometer

Ingredients:

- 4 Boneless, skinless chicken breast halves
- 1½ cups picante sauce
- 1½ tablespoons packed light brown sugar
- 1 tablespoon Dijon mustard
- 3 cups cooked brown rice

What to do:

1. Wash your hands and clean your cooking area.
2. Preheat oven to 400°F.
3. Place chicken in 2-quart shallow baking dish.
4. Mix picante sauce, sugar and mustard. Pour over chicken.
5. Bake in oven for 20-45 minutes or until chicken reaches an internal temperature of 165°F.
6. Serve chicken with rice.

Nutrition Facts

Serving Size 1 chicken breast, 3/4 cup rice
Servings Per Container 4

Amount Per Serving	
Calories 330	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 580mg	24%
Total Carbohydrate 47g	16%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 29g	
Vitamin A 6%	• Vitamin C 25%
Calcium 2%	• Iron 6%