



# Mexican Pilaf with Chicken

**Prep Time:** 10 minutes

**Cook Time:** 10 minutes

**Cost per serving:** \$0.64

## What you need:

### Utensils:

- Nonstick skillet
- Cutting board & knife
- Mixing spoon
- Measuring spoons & cups
- Can opener

### Ingredients:

- 1 tablespoon olive oil
- 1 small onion, chopped
- ½ green bell pepper, diced
- 1 fresh jalapeño pepper, seeded and chopped
- 1 cup canned corn kernels, drained and rinsed
- 1 cup cooked instant barley
- 1 cup cooked instant brown rice
- ½ cup shredded cooked chicken
- ½ cup canned black beans, drained and rinsed
- ¼ cup fresh cilantro, chopped in small pieces
- juice of 1 lime

### What to do:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Heat oil over medium heat in a large nonstick skillet.
4. Add washed and chopped onion, bell pepper, jalapeño, and corn.
5. Cook and stir 3 to 5 minutes or until vegetables are tender.
6. Add cooked barley, brown rice, chicken, and black beans to skillet.
7. Cook until mixture is warm or for 2 minutes.
8. Serve with cilantro and lime juice.

## Nutrition Facts

Serving Size 1 cup	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 15mg	1%
<b>Total Carbohydrate</b> 26g	9%
Dietary Fiber 4g	16%
Sugars 2g	
<b>Protein</b> 7g	
Vitamin A 2%	Vitamin C 25%
Calcium 2%	Iron 6%



## Deanne Garrett

Better Living for Texans  
Program Assistant

Texas A&M AgriLife Extension  
Fort Bend County

1402 Band Road, Suite 100  
Rosenberg, Texas 77471

Phone: (281) 342-3034 Ext: 7040

Fax: (832) 471-2400

### WEBSITE:

<http://fortbend.agrilife.org>

### EMAIL:

[deanne.garrett@ag.tamu.edu](mailto:deanne.garrett@ag.tamu.edu)

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