

# ISRAELI SPICED CHICKEN *with Oven Roasted Vegetables*



## INGREDIENTS

6lb	Boneless/skinless chicken breast
4 1/4 Tbs	Paprika
4 1/4 Tbs	Cumin seeds (ground)
3 1/4 tsp	Oregano (dried)
3 1/4 tsp	Coriander leaf (ground)
1 1/2 tsp	Chili powder
6 Tbs	Olive oil
4 3/4 qt	Brown rice
25 svg	Oven Roasted Vegetables (90 g per serving)

## INSTRUCTIONS

1. Prepare brown rice according to package directions. Set aside and keep warm for serving.
2. In a bowl, combine spices and mix well.
3. Place chicken in a 2 inch hotel pan. Drizzle with olive oil to barely coat meat and rub liberally with spice blend. Let stand for 10 minutes.
4. Bake at 325°F for approximately 45 minutes or until internal temperature reaches 165°F.
5. For each individual portion, serve with 3/4 cup of brown rice and 1 cup of roasted vegetables.

## NUTRITION

Calories:	340
Sodium:	135 mg
Trans Fat:	0 g
% Calories from Saturated Fat:	4%



*Number of Servings: 25 (312 g per serving)  
Recipe courtesy of Stephens Memorial Hospital*