**CHICKEN RICE BOWL**

Yield: 10 Servings

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**NUTRITIONAL INFORMATION PER SERVING**

* Calories: 364  
* % Sat. Fat: 6.9%  
* % Total Fat: 35%  
* Cholesterol: 52 mg  
* Sodium: 865 mg  
* Fiber: 6 g  
* Protein: 22 g  
* Carbohydrates: 39 g  
* Trans Fat: 0

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**INGREDIENTS**

* 3 1/2 cups diced cooked chicken  
* 5 cups cooked brown rice  
* Steamed broccoli  
* Steamed carrot coins  
* Steamed peas  
* Chopped cilantro  
* Chopped scallions  
* Diced red peppers

**DIRECTIONS**

* Combine chicken with simmering sauce. Cook until heated to 165 degrees.  
* To Serve: Place 1/2 cup rice in bowl, top with 1/3 to 1/2 cup chicken mixture.  
* Top with broccoli, carrots, peas, cilantro, scallions and red peppers.  
* Enjoy!

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**SZECUAN SAUCE**

**INGREDIENTS**

* 1/4 cup low sodium soy sauce  
* 1/4 cup minced garlic  
* 2 tbsp sugar  
* 2 tbsp sesame oil or olive oil  
* 1 1/2 tsp chicken base  
* 1/4 cup chile paste  
* 1 tsp cornstarch  
* 1 1/2 cup hot water

**DIRECTIONS**

* Combine all ingredients except hot water in a sauce pan and stir until cornstarch is blended in.  
* Add hot water and simmer for 10 minutes.

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Recipe courtesy of  
Saint Paul Public Schools Nutrition Services