Easy Chicken Recipes for Dinner for Families Recipes

Mild chicken, rice and peas make a family-style skillet dinner with familiar flavors.

PREP 15 min | COOK 25 min | SERVES 4 | EASY

Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken breast
- 1 tbsp (15 ml) olive oil
- 1/2 tsp (3 g) salt
- 1/4 tsp (0.5 g) black pepper
- 1 cup (185 g) long-grain white rice, rinsed
- 2 cups (480 ml) chicken broth
- 1 cup (140 g) frozen peas
- 1 onion (150 g), diced
- 1 tsp (3 g) garlic powder

Method

1. Cut chicken into 1-inch cubes. Season with salt, pepper and garlic powder.
2. Heat oil in a deep lidded skillet; cook chicken 5 minutes, stirring to color the sides.
3. Add onion and cook 3 minutes. Stir in rice and broth; bring to a boil.
4. Cover and reduce heat to low for 15-18 minutes, until rice is tender and chicken reaches 165°F (74°C). Add a little hot water if rice remains firm.
5. Stir in peas, cover for 3-5 minutes until hot and fluff before serving.

Doneness

Verify 165°F (74°C) in the thickest chicken pieces, away from bone. Ground chicken and the center of a casserole must also reach 165°F (74°C). Time is an estimate; use a food thermometer.

Variations

- Vegetable: use diced carrots, cooking with onion.
- Herb: add parsley at serving.
- Cheesy: fold in 1/2 cup microbial-rennet cheddar.

Storage

Refrigerate in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3-4 days. Include any prior storage time of cooked chicken.

Ready to serve

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Serving suggestion: one plated serving.