

## Super Simple Chicken Dinner

You will need:

Non Food items:

- Aluminum Foil
- Cookie Sheet
- Sauce pan
- Microwave

Food items:

- Chicken breast (however many you wish to cook)
- Lemon/Pepper Spice mix
- Rice
- Chicken Broth
- Bag of “Steam in” frozen Veggies

Preheat oven to 375

Put a sheet of foil down on the cookie sheet.

Tear off another sheet of foil for later

Spray the foil sheet with non-stick cooking spray

Put the chicken breasts down on the foil

Sprinkle a healthy bit of the lemon/pepper spice mix over the top of the chicken

Create a “tent” with the extra bit of foil (by folding it in half) and tent the chicken. This will keep the chicken from drying out while they bake.

Put the chicken in and set the timer for 10 min.

When the timer goes off, do NOT take the chicken out. Start the rice.

Instead of using water, use chicken broth and cook the rice the way the bag says to. (2 cups of liquid – bring to boiling, 1 cup rice, simmer for 20 min. remove from heat)

When the rice begins to simmer, set the timer for 20 min.

When the timer goes off, remove the rice from heat and fluff

Turn off the oven (leave the chicken in for a few moments)

Microwave your steam in bag veggies.

Plate and enjoy!



*Note: on boiling and simmering. To boil the liquid for the rice, turn heat up to high. When you have added the rice to the boiling liquid, turn head down to one click above low or off. This is simmer.*