

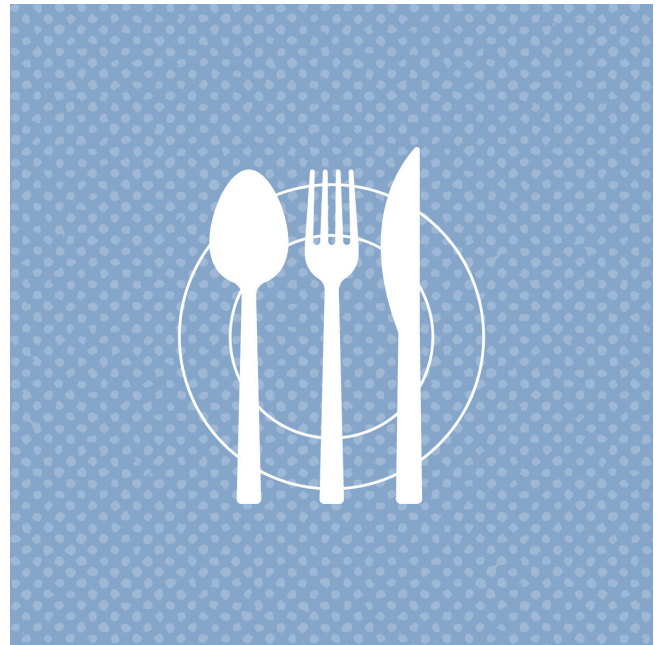
Seasoned Winter Vegetables Rice Pilaf

Ingredients

- 1 package (6.3 oz) Near East® Roasted Garlic & Olive Oil Pearled Couscous
- 4 pieces chicken breast, skinless, boneless
- 2 tbsp Italian seasonings, divided
- 2 tbsp olive oil
- 1 small onion, cut into wedges
- 1 cup broccoli florets, chopped or 1 zucchini, sliced
- 1 carrot, thinly sliced
- 1 clove garlic
- 1/2 cup grape or cherry tomatoes, halved
- 1/2 cup mushrooms, sliced

How to make it

1. Prepare Near East® rice according to package directions.
2. Meanwhile, coat chicken pieces with 1 tbsp of Italian seasonings. In a large skillet, heat 1 tbsp oil over medium heat. Cook coated chicken for 5 to 8 minutes or until no longer pink inside.
3. Coat onion, broccoli, carrots, garlic, tomatoes and mushrooms with 1 tbsp of oil and 1 tbsp of Italian seasonings. Add coated vegetables to chicken and continue cooking for another 3 to 4 minutes or until vegetables are tender. Serve chicken/vegetable mixture over prepared rice.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	20 min	30 min	4

Made with



Near East® Roasted Garlic & Olive Oil Pearled Couscous