



5-INGREDIENT CHICKEN PAELLA

March 27

National Spanish Paella Day




INGREDIENTS

- 4 Chicken Thighs (with bone, with skin, 4 ounces each)
- 1 Tablespoon Cajun Seasoning
- 1 - 14½ Ounce Can Diced Tomatoes
- 2 Cups Cooked Rice (enriched or whole grain)
- 4 Cups Frozen California Blend Vegetables (broccoli, carrots, cauliflower)

DIRECTIONS

1. Combine the chicken and Cajun seasoning in a large bowl.
2. Heat a non-stick frying pan over high heat. Add half the chicken and cook, turning occasionally, for 5 mins or until brown all over. Transfer to a bowl. Repeat with remaining chicken.
3. Return the chicken to the pan with tomato. Bring to a simmer. Stir in vegetables.
4. Cook, tossing occasionally, for 5-7 mins or until rice and vegetables are heated through.
5. Serve over rice.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

4 Servings

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup Rice + ¼ Cup Chicken/ Vegetable Mix	¼ Cup Rice + ½ Cup Chicken/ Vegetable Mix	½ Cup Rice + ¾ Cup Chicken/ Vegetable Mix	1 Cup Rice + ¾ Cup Chicken/ Vegetable Mix