

Sticky Chicken

1 chicken breast

1/2 c. Russian salad dressing

1/4 c. apricot jam

1/4 sweet onion

1/4 red pepper

1/2 c. instant white rice

1/2 c. instant brown rice

1 c. water

1. Preheat oven to 350°.
1. Using the kitchen shears or a sharp knife, cut the chicken into bite-sized pieces. Place the chicken in a large skillet and cook until chicken is no longer pink. If needed, add a little bit of water to keep the chicken from sticking, about 1-2 tsp.
2. While the chicken is cooking, chop the onion and red pepper into small bite-sized pieces.
3. When the chicken is cooked through, add the onion and pepper pieces to the skillet and continue cooking for about 5-6 minutes. If the chicken and vegetables start to stick, add a couple tablespoons of water to the skillet.
4. Place the chicken and vegetables in the square glass pan. In a cereal bowl, combine the Russian salad dressing and apricot jam. Stir together until well combined and then pour the mixture over the chicken and vegetables. Toss the mixture to be sure that everything is well coated.
5. Place the pan in the oven at 350° and bake for 15 minutes.
6. While the chicken mixture is baking, prepare the rice by combining 1 c. of water with 1/2 c. instant white rice and 1/2 c. brown rice in a small glass mixing bowl.
7. Stir the rice and water and then cover with saran wrap, poking the saran wrap with a very small hole. Microwave on high for 5 minutes. Be sure to check every few minutes to be sure that the rice is not boiling over. You may need to replace the saran wrap halfway through cooking.
8. When the rice is done and the chicken is out of the oven, evenly distribute the rice among the serving dishes. Top the rice with the chicken mixture.
9. Eat and enjoy!