

Ingredients:

Nonstick Cooking Spray
2 Tbsp. Olive oil
2 Tbsp. Non-hydrogenated Margarine
1/3 cup White all-purpose flour
¼ tsp. Black pepper
1 cup reduced sodium chicken broth
1 ½ cups CoffeeRich®
1 ½ cups cooked white rice
2 cups cubed chicken or turkey, cooked
½ cup fresh mushroom pieces
½ cup bell pepper, chopped
¼ cup onion, chopped

Preparation:

1. Heat oven to 350 ° F. Spray a 1.5 L baking dish with nonstick cooking spray.
2. In a large saucepan, heat olive oil and margarine over low heat.
3. After margarine is melted, stir in flour and black pepper. Cook over low heat, stirring until mixture is smooth and bubbly. Remove from heat.
4. Stir in broth and CoffeeRich®. Heat to a boil, stirring constantly. Boil and stir for one minute.
5. Stir in cooked rice, chicken or turkey, mushrooms, green pepper and onion.
6. Pour into baking dish. Bake uncovered for 45 minutes.

Makes 4 Servings

Each Serving = 3 protein choices, 2 starch choices & ½ low potassium vegetable choice.

Sourced from www.davita.com/recipes

