

Lemon Chicken and Rice

1	tablespoon	oil	15	ml
4		boneless skinless chicken breast halves	4	
1-1/2	cup	chicken broth	375	ml
1-1/2	cup	instant brown minute rice	375	ml
1	teaspoon	grated lemon peel	5	ml
2	tablespoon	chopped fresh parsley	30	ml
1/2	teaspoon	thyme	2	ml
1/8	teaspoon	pepper	1	ml
2	tablespoon	toasted silvered almonds	30	ml
		optional		

Heat oil in large frying pan on medium-high heat. Add chicken; cook 3 minutes on each side or until browned. Add broth; bring to boil. Stir in rice and lemon. Return to boil. Reduce heat to low; cover. Simmer 5 minutes; remove from heat. Stir in parsley, thyme and pepper; cover. Let stand 5 minutes. Fluff with fork. Sprinkle with almonds.

Yield: 4 Servings