

Chicken Tinga and Rice

Recipe Type: Main Dish

Serves: 6

Prep Time: 5 minutes

Cooking Time: 20 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

6 C Chicken Tinga (See www.snaped4me.org for the recipe)

2 C uncooked white rice

2 T lite sour cream (optional)

2 t cilantro

What to do:

1. Wash your hands.
2. Cook the rice by making it the way it says to on the back of the package.
3. Mix the cooked rice with the Chicken Tinga.
4. Garnish with cilantro.
5. Serve warm with sour cream on the side.
6. Enjoy!



This is a picture of 1 serving.

Nutrition Facts

Serving Size 1 C

Amount Per Serving

Calories 400

Calories from Fat 90

%Daily Value*

Total Fat 10 g **15%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

Cholesterol 50 mg **17%**

Sodium 150 mg **6%**

Total Carbohydrate 57 g **19%**

Dietary Fiber 2 g **8%**

Sugars 5 g

Protein 2 g

Vitamin C 35%

Calcium 4%

* Percent Daily Values are based on a 2,000 calorie diet.

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Find other recipes at www.snaped4me.org



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