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## **Chicken and Rice**

### **Ingredients:**

Chicken 1-1/2 lbs.  
Jasmine rice 2 cups  
Cilantro to taste  
Honey to taste  
PAM to coat pan

### **Directions:**

1. Spray a pan with PAM. Cut chicken into pieces.
2. Place chicken in the pan. Add honey. Take a swig off the bear.
3. Add 2 cups of rice to a rice cooker, and add 2 cups of water.
5. Flip chicken with a spatula, or a fork. Whichever. Just make sure you're wearing your sunglasses indoors—it's the key to succulent chicken.
6. Once the center is cooked through and the rice is done, plate your dish.
7. Top rice with cilantro. Make lots of popping noises to announce your enthusiasm for the food that's about to enter your face.
8. Slice chicken. Top with BBQ sauce because it tastes good.

Serving size: 1 plate

Recipe yields: 2 servings (because you can't always eat by yourself)

Calories: 1144

Fat: 12 g

Carbs: 72 g

Protein: 106 g