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VARIETY IS THE SPICE OF RICE...AND CHICKEN, TOO!
Celebrate National Chicken and National Rice Month with Recipes That Aren't the Same Ol' Chicken and Rice Again!

Melrose Park, Ill. (August 29, 2004) – September is both National Chicken Month and National Rice Month, and there's no question that these are both popular dishes on America's dinner tables. According to the National Chicken Council, the average person consumed 82.1 *pounds* of chicken last year – that's about 1.5 pounds a week. And according to the USDA, American rice consumption has nearly doubled since 1980.

David Joachim, author of best-selling cookbooks such as “A Man, A Can, A Grill” and “A Man, A Can, A Plan” knows it's easy to fall into a state of “food fatigue” after eating the same meals over and over again. “Jazz up your dinner routine with chicken and rice recipes,” said Joachim. “Not only are they tasty, they have healthy levels of fat and sodium, so your family can enjoy them without any guilt.”

Spice up your rice...and your chicken!

Joachim offers these simple tips for making the most of your chicken and rice dishes:

- ❖ To deepen the flavor of rice, first cook it in a small amount of oil until golden. Then add the hot cooking liquid.
- ❖ Cook rice in chicken broth instead of water for fluffy rice with enhanced flavor.
- ❖ Instead of the usual chicken breast, try boneless, skinless chicken thighs in your recipes. Thigh meat is richer and moister – yet still relatively lean.
- ❖ Try using a salt-free seasoning like Mrs. Dash® to pump up the flavor in your chicken and rice dish for great flavor without added sodium, fat or MSG.

Joachim has developed a variety of delicious chicken and rice recipes that put a spicy twist on the traditional, with healthy, convenient ingredients like Mrs. Dash (See attached).

About Mrs. Dash®

Every one of the Mrs. Dash® Seasoning Blends are made with a unique combination of 14 natural herbs and spices, with no salt and no MSG. Visit www.mrsdash.com to explore an interactive recipe database filled with more than 400 delicious recipes with healthful levels of fat and sodium.

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Chick-Chick Rice

2 teaspoons olive oil
1/2 medium onion, finely chopped
1 carrot, finely chopped
1/2 red bell pepper, finely chopped
12 ounces boneless, skinless chicken breasts, cut into small cubes
3 tablespoons Mrs. Dash® Garlic and Herb Seasoning Blend
1 teaspoon Mrs. Dash® Extra Spicy Seasoning Blend
1 14 _ oz can reduced-sodium chicken broth
1 16 oz can chickpeas, rinsed and drained
1 1/2 cups instant white rice

Heat the oil in a medium saucepan over medium heat. When hot, add the onion, carrot, and red bell pepper. Cook 2 to 3 minutes. Stir in the chicken and both Mrs. Dash Seasoning Blends. Cook 4 to 5 minutes or until chicken is no longer pink on the surface and vegetables are tender. Add broth and bring to a boil over high heat. Stir in the chickpeas and rice. Cover, remove from heat and let stand 5 minutes, or until liquid is absorbed and rice is tender. *For spicy version, add additional teaspoon of Mrs. Dash Extra Spicy Seasoning Blend.*

Makes 4 servings.

Actual Serving Size: 402.15 g (14.19 oz); Calories: 445; Sodium: 533 mg; Total Fat: 6 g; Potassium: 586 mg; Saturated Fat: 1 g; Carbohydrates: 66 g; Unsaturated Fat: 4 g; Fiber: 8 g; Trans Fat: 0 g; Protein: 31 g; Cholesterol: 49 mg

Chicken with Apples and Blue Cheese

2 cups reduced-sodium chicken broth
4 teaspoons Mrs. Dash® Original Seasoning Blend (divided)
2 cups instant white rice
1 1/4 pounds boneless, skinless chicken thighs, trimmed of excess fat
1/2 onion, chopped
1 Granny Smith apple, peeled, cored, and sliced
1/2 cup dry white wine or chicken broth
2 tablespoons finely crumbled blue cheese

Put the broth and 1 teaspoon of the Mrs. Dash into a medium saucepan. Bring to a boil over high heat. Stir in the rice, cover, and remove from the heat. Let stand for 5 minutes or until liquid is absorbed.

Meanwhile, coat a large, deep nonstick skillet with cooking spray and heat over medium-high heat. Sprinkle chicken with 2 teaspoons of the Mrs. Dash and add to hot pan, smooth-side down. Reduce heat to medium and cook 4 to 6 minutes per side or until no longer pink in center (160°F on an instant read thermometer). Transfer to platter or plates and cover with foil to keep warm.

Add the onions and apples to pan and cook, stirring, for 2 minutes. Add the wine or broth and the remaining 1 teaspoon Mrs. Dash. Reduce heat to medium-low, cover, and simmer 2 minutes or until the apples are tender. Add any accumulated juices from the chicken platter or plates and cook 1 minute. Serve sauce with chicken and sprinkle with cheese. Fluff rice with a fork and serve alongside.

Makes 4 servings.

Actual Serving Size: 380.95 g (13.44 oz); Calories: 340; Sodium: 180 mg; Total Fat: 8 g; Potassium: 438 mg; Saturated Fat: 2 g; Carbohydrates: 29 g; Unsaturated Fat: 3 g; Fiber: 2 g; Trans Fat: 0 g; Protein: 32 g; Cholesterol: 121 mg

Simmered Chicken and Mushrooms

2 cups reduced-sodium chicken broth
2 tablespoons Mrs. Dash® Garlic and Herb Seasoning Blend (divided)
2 cups instant white rice
1 1/4 pounds boneless, skinless chicken thighs, trimmed of excess fat
1/2 onion, chopped
6 ounces button mushrooms, sliced
1/2 cup dry white wine or chicken broth
2 tablespoons reduced-fat sour cream

Put the broth and 2 teaspoons of the Mrs. Dash into a medium saucepan. Bring to a boil over high heat. Stir in the rice, cover, and remove from heat. Let stand for 5 minutes or until liquid is absorbed.

Meanwhile, coat a large, deep nonstick skillet with cooking spray and heat over medium-high heat. Sprinkle chicken with 1 tablespoon of the remaining Mrs. Dash. Add to hot pan and cook 2 to 3 minutes per side, or until nicely browned. Transfer to platter.

Reduce heat to medium and add the onion and mushrooms to pan. Cook and stir 3 to 4 minutes or until onions are tender. Return the chicken and any accumulated juices to pan, burying chicken among onions and mushrooms. Add the wine or broth and remaining 1 teaspoon Mrs. Dash. Reduce heat to medium-low, cover, and simmer 15 to 20 minutes or until chicken is no longer pink in center (160°F on an instant read thermometer).

Fluff rice with a fork and arrange on a platter or plates. Using a slotted spoon, arrange chicken and vegetables over rice. Remove sauce in pan from heat and stir in sour cream. Pour over chicken.

Makes 4 servings.

Actual Serving Size: 376.23 g (13.27 oz); Calories: 319; Sodium: 184 mg; Total Fat: 7 g; Potassium: 547 mg; Saturated Fat: 2 g; Carbohydrates: 24 g; Unsaturated Fat: 3 g; Fiber: 1 g; Trans Fat: 0 g; Protein: 33 g; Cholesterol: 120 mg

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