Chicken Veggie Risotto

**Ingredients:**
- 1 Tablespoon vegetable oil
- 1 pound boneless, skinless chicken breast, cut into small pieces
- 1 teaspoon garlic-herb seasoning (salt-free)
- 1/2 teaspoon black pepper
- 1/4 teaspoon red pepper flakes
- 1 small onion, thinly sliced
- 1 can (10 - 1/2 oz) reduced-sodium chicken broth
- 1/4 cup water
- 1 1/2 cup instant brown rice, uncooked
- 1 1/2 cup grape tomatoes
- 4 cups baby spinach leaves, washed and patted dry

**Directions:**
1. Heat oil in large skillet over medium heat. Sprinkle chicken pieces with seasonings. Add chicken pieces; cover and cook about 10 minutes, stirring frequently until chicken is done.
2. Add onion and stir-fry for about 1 minute. Stir in broth, water, rice, tomatoes, and spinach. Bring to a boil. Reduce heat to low and cover. Simmer about 10 minutes.
3. Turn burner off and let stand for 5 more minutes or until rice absorbs most of the liquid.

**NUTRITION FACTS**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Protein</th>
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</thead>
<tbody>
<tr>
<td>3/4 cups</td>
<td>280</td>
<td>8 g</td>
<td>70 g</td>
<td>325 mg</td>
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<td>25 g</td>
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