Prep time: 10 minutes  
Cook time: 15 minutes  
Serves: 4

Utensils Needed:  
Knife and cutting board  
Measuring cups and spoons  
Large skillet

Salsa Orange Chicken and Rice

Ingredients:
- 2 cups uncooked instant brown rice
- 1 pound boneless, skinless chicken breasts
- 2 teaspoons oil
- 1 cup chunky salsa
- 1/4 cup orange marmalade
- 2 tablespoons lime juice
- 1 tablespoon brown sugar
- 1/4 teaspoon ginger
- 2 tablespoons minced fresh cilantro

Directions:
1. Cook rice according to package directions. Cut chicken into 1-inch cubes.
2. In a large nonstick skillet coated with cooking spray, cook chicken in oil over medium heat for 5 minutes or until no longer pink.