

Microwave Chicken and Rice

Ingredients

1 small boneless skinless chicken breast, cut into pieces	1/2 cup uncooked rice
1/4 cup onion, chopped	1 cup water or chicken broth
1/4 cup green bell pepper, chopped	1 tablespoon butter
	1 tablespoon lemon juice
	1 teaspoon dried basil



Directions

1. Put butter into a glass casserole dish, and microwave on high for one minute.
2. Add the uncooked rice, and stir until all the grains are coated in the butter.
3. Add everything else, and microwave on high for 10 minutes.
4. Let sit for an additional 5 minutes or until all the liquid is absorbed.
5. Add salt and pepper to taste.

Makes 1 serving