

Episode 1: **ARROZ CON POLLO** (*Rice with Chicken*)

Healthy Recipe

Reduces calories by 30%, fat by 36%, sodium by 75% and cholesterol by 52%

Per serving: 686 calories, 18g fat, 479mg sodium, 73mg cholesterol

Ingredients:

- 4 tbs minced garlic, divided
- 4 tbs orange juice
- 1 tbs salt, divided
- 2 tbs vegetable oil
- 2 tbs unsalted margarine
- 2 lb bone-in chicken breast halves with skin
- 2-1/2 cups chopped onion
- 3 cups chopped green pepper
- 2 tbs ground cumin
- 30 oz canned whole tomatoes, no salt added
- 1/2 cup chicken broth
- 4 cups cooked white long-grain rice
- 1 oz black olives
- 1/2 cup pimento
- 3 cups frozen peas

Instructions:

1. Combine 2 tbs of the minced garlic, 1 tbs salt and orange juice. Add chicken pieces and marinate, covered, in refrigerator for about 1 hour.
2. Heat oil and butter in skillet. Brown chicken on all sides. Remove to a plate.
3. Saute chorizo, onions, pepper and remaining 2 tbs minced garlic with 1 tbs of vegetable oil until vegetables are soft and chorizo heated through.
4. Add cumin, remaining 2 tbs salt, tomatoes with juice and reserved marinade to skillet, along with browned chicken. Simmer until chicken is cooked through, adding chicken broth as needed.
5. Stir in cooked rice, and cover and simmer to heat.
6. Scatter peas, olives and pimentos over rice and chicken (do not stir) and let stand, covered, for 5 minutes.

Traditional Recipe

Per serving: 982 calories, 50g fat, 1973mg sodium, 155mg cholesterol

4 tbs minced garlic, divided (half for marinade, half for sautéing)

4 tbs orange juice

3 tbs salt, divided (half for marinade, half for sautéing)

3 tbs olive oil

3 tbs butter, with salt

2 lb mixed chicken legs and thighs with skin

1 lb chorizo, sliced

2 cups chopped onion

2 cups chopped green pepper

2 cucharadas ground cumin

30 oz canned whole tomatoes, regular pack

1/2 cup chicken broth

4 cups cooked white long-grain rice

3 oz black olives

1/2 cup pimento

1 cup frozen peas

1. Combine 2 tbs of the minced garlic, 1 tbs salt and orange juice. Add chicken pieces and marinate, covered, in refrigerator for about 1 hour.
2. Heat oil and butter in skillet. Brown chicken on all sides. Remove to a plate, reserving fat in skillet.
3. Saute chorizo, onions, pepper and remaining 2 tbs minced garlic in reserved fat until vegetables are soft and chorizo heated through.
4. Add cumin, remaining 2 tbs salt, tomatoes with juice and reserved marinade to skillet, along with browned chicken. Simmer until chicken is cooked through, adding chicken broth as needed.
5. Stir in cooked rice, and cover and simmer to heat.
6. Scatter peas, olives and pimentos over rice and chicken (do not stir) and let stand, covered, for 5 minutes.