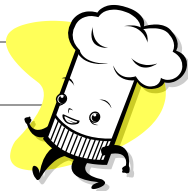

Pesto Chicken – serves 4



Ingredients:

16oz Chicken Strips
1 1/2 tb Pesto sauce
1 pack Brown Rice (or the rice of your liking)

Directions:

In a bowl add chicken strips and pesto sauce.. mix good. Fry in pan 5-10 `minutes until chicken is done. Serve with rice and French bread.