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**Vegetable Sauté with Rotisserie Chicken and Brown Rice**  
Serves: 4

**Ingredients**  
1 bag brown rice, prepared per label instructions  
1 tablespoon olive oil  
1 clove garlic, minced  
1/2 yellow or red bell pepper, diced  
1 cup of corn, cut from the cob or frozen  
2 roma tomatoes, cored and diced  
2 tablespoons fresh herbs (basil, thyme or tarragon), chopped  
Pinch of salt, optional  
Pinch of black pepper  
1 pound rotisserie chicken (or smoked fish if preferred)

**Preparation**  
Heat a medium sauté pan over medium-high heat. Add just enough oil to lightly coat the pan. Add garlic and onion and cook until fragrant, about 5 minutes. Add pepper, corn and tomato and cook for 2-3 minutes more until all vegetables are warmed through. Season with salt and pepper, if desired.  
To serve, divide rice and vegetables on four plates and top with chicken or smoked fish.

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**Nutrition per serving:** 299 calories; 8g total fat (2g saturated, 0g trans); 100mg cholesterol; 404mg sodium; 23g carbohydrates; 2g fiber; 2g sugars; 36g protein.

