

Cain's Corner

MARY ALICE CAIN, M.S., R.D., L.D.

Nutrition Tips from USAPEEC's
Registered Dietician



chicken paella with soft-boiled eggs



A traditional rice dish from the Valencian region of Spain, paella is hearty and flavorful. It can be prepared in many different fashions including seafood, meat, and/or vegetables.

Here, I followed the Cooking Light recipe below that features chicken thighs and then added a soft-boiled egg for even more protein. This dish does take a little time to prepare but can still be made in under an hour. It is filling, satisfying, and a great way to enjoy both the chicken and the egg!

Buen provecho!

<https://www.cookinglight.com/recipes/chicken-paella>

