

Whole Grain Lunch/Dinner Recipe

Slow Cooker

Chicken and Rice



Ingredients:	Approx. Cost*
Brown rice (1 16oz box), cooked	\$2.19
1 whole fryer chicken (4-5 lbs. at \$1.99 per pound)	\$8.95
1 brown or yellow onion, chopped	\$0.89
1 lb. bag of carrots, peeled and chopped	\$0.99
Liquid: 1 large can of chicken broth (32 oz. pacific natural foods)**	\$3.79
Seasonings: garlic, salt, thyme	\$0.75***
Total	\$17.56

of servings: 16 **Cost per serving: \$1.10**

*Based on Peapod's on-line pricing.

**Watch for MSG in broth, often disguised as Autolyzed Yeast Extract.

***Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions: Place onions and carrots in the slow cooker. Pour in rice. Place chicken, whole or cut up, on top of rice and vegetables. Add seasonings, chicken broth and 1 cup of water. Cover and cook on low 8 to 10 hours. If mixture looks dry while cooking, add broth or water to moisten. Discard skin and bones - shred meat with a fork and serve.

Nutritional Information per 1 cup Serving, including 3 oz chicken:

Calories	275
Total Fat	5g
Saturated Fat	1.3g
% of daily total	5.9%
Carbohydrates	25.8g
Protein	18.6g
Fiber	2g

% of daily total	
Vit A	100 %
Vit C:	3.7%
Calcium:	3.0%
Iron	7.0%
Good source of*	B vitamins (not folate), Magnesium, Zinc, Choline
*(10% or more of the RDA)	

based on 2000 calorie diet

