

# 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***
<b>Total</b>	<b>\$17.56</b>

# 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:

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

	% 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

