



Wild Rice Hot Dish

Serves 8

2 cups wild rice, uncooked
½ cup almonds, slivered
1 cup onions, chopped
1 cup celery, chopped
1 cup mushrooms, chopped
1 cup green pepper, chopped
2 cups chicken, diced
4 cups low sodium chicken broth
2 cups water
¼ tsp black pepper
¼ tsp garlic powder
1 Tbsp parsley

Wash and rain rice. Combine all ingredients in slow cooker. Mix well. Cover and cook on low for 4-6 hours or until rice is fully cooked. Do not remove lid before rice has cooked 4 hours.

Nutritional Analysis

Serving Size: 1/8 recipe

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|---------------|-------|
| Calories | 280 |
| Fat | 6g |
| Saturated Fat | 1g |
| Cholesterol | 30mg |
| Sodium | 340mg |
| Carbohydrates | 37g |
| Dietary Fiber | 4g |
| Protein | 22g |
| Sugars | 4g |

Diabetic Exchanges:

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|------------|---|
| Vegetables | 1 |
| Meat | 2 |
| Fat | 1 |
| Carbs | 2 |