

# Slow Cooker Chicken with Wild Rice & Vegetables

Prep: 15 min  
Cook: 6 hr  
Serves: 4

## Ingredients:

- 1 tablespoon olive oil
- 4 chicken breasts, boneless, skinless
- 2 teaspoons garlic powder, divided
- 1 teaspoon kosher salt
- 1 cup wild rice, uncooked
- 8 ounces sliced mushrooms
- 2 large carrots, thinly sliced
- 2 large stalks celery, thinly sliced
- 1 teaspoon dried thyme
- 3 cups homemade chicken stock
- Chopped fresh parsley, for garnish

## Directions:

1. Heat the olive oil in a large sauté pan over medium heat. Season the chicken breasts with 1 teaspoon garlic powder and salt. Cook the chicken for 3 to 4 minutes per side. Remove from heat.
2. Add the wild rice, mushrooms, carrots, celery, remaining 1 teaspoon garlic powder and thyme to a slow cooker and stir to combine. Add the chicken breasts on top in a single layer. Pour in the chicken stock.
3. Cook on LOW for 4 to 6 hours, or on HIGH for 1½ to 2½ hours, until the chicken is cooked through and rice is tender.
4. Garnish with chopped fresh parsley and serve immediately.
5. Remove potatoes from the oven and arrange broccoli and salmon fillets in a single layer on the baking sheet. Brush the salmon with the butter mixture. Season with salt.
6. Return baking sheet to the oven and bake for 15 minutes, or until salmon is cooked through and flakes easily. Garnish with fresh oregano and serve.



Nutrition Information		
Serving size: 592g	4 servings	Calories: 380
Amount per Serving		% Daily Value
Total Fat	7g	9%
Saturated Fat	1g	9%
Trans Fat	0g	
Cholesterol	95mg	32%
Sodium	1g	43%
Total Carbohydrate	42g	15%
Dietary Fiber	5g	18%
Total Sugars	5g	
Added Sugars	1g	2%
Protein	37g	
Vitamin D	0mcg	
Calcium	44mg	4%
Iron	2mg	10%
Potassium	1141mg	25%