

# Wild Rice Hot Dish

## Recipe Summary:

Preparation Time: 30 minutes

Number of Servings: 8

Cups of Fruits and Vegetables Per Person: 1

## Ingredients:

2 cup wild rice, uncooked  
1/2 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  
1/4 tsp black pepper  
1/4 tsp garlic powder  
1 Tbsp parsley

## Directions:

Wash and drain 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.

Nutrition Facts	
Wild Rice Hot Dish	
Serving Size 1/8 of recipe	
Amount Per Serving	
Calories 280	Calories from Fat 50
% Daily Value (DV)*	
Total Fat 6g	9%
Saturated Fat 1g	3%
Cholesterol 30mg	10%
Sodium 340mg	14%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 4g	

## Diabetic Exchange\*\*

Fruit: 0  
Vegetables: 1  
Meat: 2  
Milk: 0  
Fat: 1  
Carbs: 2  
Other: 0

\*\* Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.

This exchange calculation is rounded up or down to equal

<b>Protein 22g</b>	
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Vitamin A	<b>4%</b>
Vitamin C	<b>35%</b>
Calcium	<b>4%</b>
Iron	<b>10%</b>
* Percent Daily Values are based on a 2,000-calorie diet.	

whole numbers. Therefore, partial exchanges are not included

Recipe comes from [www.5aday.gov](http://www.5aday.gov)