

September

Brown Chicken Rice With Asparagus

Ingredients

- Nonstick cooking spray
- 2 cups of water
- 8 ounces of boneless, skinless chicken-trimmed of fat and cubed
- 1 1/2 cup diced onion
- 1 cup of uncooked brown rice
- 4 medium minced garlic gloves
- 2 tsp. sodium-free chicken bouillon granules
- 1/2 tsp. dried thyme leaves
- 2 cups fresh asparagus tips
- 1/2 cup reduced fat sharp cheddar cheese

Directions

- Coat 3 1/3- 4 quart slow cooker with cooking spray
- Place water, chicken, onion, rice, garlic, chicken bouillon, & thyme in slow cooker
- Cover & cook on high for 1 1/2 hours or on low for 3 hours
- Turn off heat
- Fluff with fork
- Add asparagus
- Cover & let stand for 10 minutes
- Sprinkle with cheese

