

Dinner

One Pot Chicken & Rice Pilaf

Side Effect: Weight Loss/ Loss of Appetite

15 Mins
Prep Time

25 Mins
Cook Time

6
Servings

 **351** Calories **20g** Fat **18g** Carbs **25g** Protein



Ingredients

 **6 Servings**  **40 Mins Total Time**  **Allergens: None**


1½ Cups Wild Rice 

3 Cups Low-Sodium Chicken Broth

1 Lemon, **washed** and juiced

2 Tsp Dried Oregano

1 Carrot, **washed** and cut into 1-inch pieces

1 Cup Baby Bella Mushrooms, **washed** and  cut into 1-inch pieces

2 lbs Chicken Thighs 

2 Tbsp Extra Virgin Olive Oil

2 Tbsp Fresh Thyme, **washed**

1 Tsp Fresh Sage, **washed** and chopped

4 Shallots, peeled and halved

1 Sprig Fresh Rosemary, **washed**

Salt and Pepper, to taste

Nourishment Note



Chicken

Chicken is a high-quality protein source, with every ounce having about 9 grams of protein! This is important because protein needs may be higher when undergoing cancer treatment.



Mushrooms

Mushrooms contain B vitamins which may help increase energy levels when tired. They are also rich in glutathione a substance that may help protect cells from inflammation.



Wild Rice

Wild rice is a complete protein to help your body build new and healthy cells. It's also a whole grain, helpful for lowering inflammation, and full of antioxidants, key to overall health.

Instructions

Instant Pot® Instructions

1. Wash Hands

Wash hands with soap and water.

2. Add Ingredients to Instant Pot®

To the Instant Pot® bowl, add the wild rice, chicken broth, lemon juice, oregano, carrots, mushrooms, salt, and pepper.

3. Heat Oil on Skillet

Heat 1 tbsp extra virgin olive oil in a large skillet over medium-high heat.

4. Add Chicken & Shallots to Skillet

Rub chicken with 1 tbsp extra virgin olive oil, thyme, and sage. Once the oil in the pan has begun to sizzle, add the chicken. Sear until the bottom is golden brown, about 4-5 minutes. Add shallots to the pan. Flip chicken to sear the other side, about 4-5 minutes.

5. Combine All Ingredients in Instant Pot®

Remove chicken, herbs, shallots, and juices from the pan and add to the other ingredients in the Instant Pot®. Cover with lid and seal. Manually set cooking time for 25 minutes on the high-pressure setting.

6. Fluff & Serve

Once done, release steam, remove lid and fluff rice with a fork.

7. Wash Hands

Wash hands with soap and water.

Slow Cooker Instructions

1. Wash Hands

Wash hands with soap and water.

2. Add Ingredients to Slow Cooker

To the slow cooker, add the wild rice, chicken broth, lemon juice, oregano, carrots, mushrooms, salt, and pepper.

3. Heat Oil on Skillet

Heat 1 tbsp extra virgin olive oil in a large skillet over medium-high heat.

4. Add Chicken & Shallots to Skillet

Rub chicken with 1 tbsp extra virgin olive oil, thyme, and sage. Once the oil in the pan has begun to sizzle, add the chicken. Sear until the bottom is golden brown, about 4-5 minutes. Add shallots to the pan. Flip chicken to sear the other side, about 4-5 minutes.

5. Combine All Ingredients in Slow Cooker

Remove chicken, herbs, shallots, and juices from the pan and place into the slow cooker. Cover with the lid and cook on low for 5-6 hours.

6. Fluff & Serve

Remove lid and fluff with a fork.

7. Wash Hands

Wash hands with soap and water.

What You'll Need



Cutting Board



Knife



Skillet



Tongs



Measuring Cups



Measuring Spoons



Fork



Instant Pot® or Slow Cooker

Fatigue Buster

- Purchase baby carrots instead of cutting full-sized carrots.
- Purchase pre-chopped mushrooms.
- Use an herb stripper to remove herbs from stem for shorter preparation time.

Recipe adapted from halfbakedharvest.com