

Lime Garlic Chicken

1 package (1 lb, 4 oz) boneless skinless chicken
½ cup fresh lime juice
3 cups chicken broth
4 cloves garlic, chopped
1 teaspoon dried thyme leaves
½ teaspoon pepper
4 tablespoons butter
2 cups uncooked instant brown rice

Place chicken in crock pot. Add remaining ingredients except the rice. Cover and cook on low heat setting 8-10 hours. During last 15 minutes of cooking, stir in rice.

Sponsored by Wellness Programs

All of our recipes can be found online at www.uvu.edu/wellnessed

Lime Garlic Chicken

1 package (1 lb, 4 oz) boneless skinless chicken
½ cup fresh lime juice
3 cups chicken broth
4 cloves garlic, chopped
1 teaspoon dried thyme leaves
½ teaspoon pepper
4 tablespoons butter
2 cups uncooked instant brown rice

Place chicken in crock pot. Add remaining ingredients except the rice. Cover and cook on low heat setting 8-10 hours. During last 15 minutes of cooking, stir in rice.

Sponsored by Wellness Programs

All of our recipes can be found online at www.uvu.edu/wellnessed

Lime Garlic Chicken

1 package (1 lb, 4 oz) boneless skinless chicken
½ cup fresh lime juice
3 cups chicken broth
4 cloves garlic, chopped
1 teaspoon dried thyme leaves
½ teaspoon pepper
4 tablespoons butter
2 cups uncooked instant brown rice

Place chicken in crock pot. Add remaining ingredients except the rice. Cover and cook on low heat setting 8-10 hours. During last 15 minutes of cooking, stir in rice.

Sponsored by Wellness Programs

All of our recipes can be found online at www.uvu.edu/wellnessed

Lime Garlic Chicken

1 package (1 lb, 4 oz) boneless skinless chicken
½ cup fresh lime juice
3 cups chicken broth
4 cloves garlic, chopped
1 teaspoon dried thyme leaves
½ teaspoon pepper
4 tablespoons butter
2 cups uncooked instant brown rice

Place chicken in crock pot. Add remaining ingredients except the rice. Cover and cook on low heat setting 8-10 hours. During last 15 minutes of cooking, stir in rice.

Sponsored by Wellness Programs

All of our recipes can be found online at www.uvu.edu/wellnessed