

MEAL IDEA

Chicken Cabbage Sunday Dinner

Printable recipe guide

Ingredients and step-by-step preparation in one easy guide

INGREDIENTS

- 1 cup boneless, skinless chicken breast, diced
- 1 cup green cabbage, shredded
- 1/2 cup carrots, diced
- 1/2 cup zucchini, diced
- 1/4 cup white rice, uncooked
- 2 cups low-sodium water

STEP-BY-STEP PREPARATION

- 1 In a pot, bring 2 cups of low-sodium water to a boil.
- 2 Add the uncooked white rice to the boiling water, reduce heat to low, cover, and simmer for about 15 minutes or until rice is fully cooked.
- 3 In a separate pot, add the diced chicken breast and cook over medium heat for about 10 minutes or until fully cooked.
- 4 Add the shredded cabbage, diced carrots, and zucchini to the pot with chicken, and cook for an additional 10-15 minutes until vegetables are tender.
- 5 Once the rice is cooked, combine it with the chicken and vegetable mixture.
- 6 Allow the mixture to cool before serving.

NUTRITIONAL AND SUPPLEMENT REVIEW

No laboratory-verified nutrient analysis is provided. Supplement topics: calcium source; omega-3 fatty acids; vitamins and minerals. Ask your veterinarian to select any products and exact amounts.

SAFETY CHECK

Check every ingredient and product label. Do not use onion, garlic, chives, leeks, xylitol, grapes, raisins, chocolate, macadamia nuts or added seasoning. Verify the final portion with your veterinarian before feeding. If accidental ingestion is suspected, contact a veterinarian or animal poison-control service.