

SERVES 1

1-2 cups no-sodium **BROWN RICE**
1 pound **CHICKEN BREAST**
1-pound bag no-sodium **FROZEN PEAS**
1-pound bag no-sodium **FROZEN CARROTS**

1 tablespoon **FLAX SEEDS**
1 tablespoon **OMEGA OIL FOR DOGS**

.....

Cook the brown rice (don't add salt!).

Boil the chicken and set aside to cool.

Drop peas and carrots into the hot water and remove from heat once they are no longer frozen.

Chop chicken into small cubes.

Toss in veggies, flax seeds, and omega oil.

Serve and watch your dog lick his chops.

