



## **Crock Pot Lemon Chicken**

**Makes 4 servings**

1 serving = 1 chicken breast and 1 cup vegetables

### **Ingredients:**

4 x 4 oz skinless boneless chicken breasts

2 tsp dried oregano

¼ teaspoon pepper

¼ cup water

1 chicken bullion cube

2 tsp parsley flakes

3 Tbsp lemon juice

3 Tbsp light butter

1 tsp minced garlic

½ teaspoon salt

9 cups (1080grams) of non-starchy frozen vegetables

### **Directions:**

Add all ingredients to the crock pot and cook on low for 6-8h or high for 4 hours

### **Nutrition Information per serving**

235 calories, 16g carbohydrates, 0g fiber, 26g protein, 5g fat, 2g sat fat, 450 mg of sodium

350= 3P,1S,2V,1O	500 = 4P, 2S, 2V, 2O, 1F	600 = 4P,3S, 2V, 2O, 1F
1 chicken breast with 1 cup cooked vegetables (3P, 2V,1O)	1 chicken breast with 1 cup cooked vegetables (3P, 2V,1O)	1 chicken breast with 1 cup cooked vegetables (3P, 2V,1O)
½ cup cooked rice (S)	1 cup cooked rice (SS)	1.5 cup cooked rice (SSS)
1 ¼ cup sliced strawberries (F)	1 ounce of low fat cheese (P)	1 ounce of low fat cheese (P)
	4 Tbsp whipped topping (O)	4 Tbsp whipped topping (O)