

## Slow Cooker Rosemary Chicken



**Makes 6 servings**

Active time: **45 minutes**

Total time: **6 hours 45 minutes**

Course: **Dinner**

This slow-cooker chicken makes a healthful yet festive entree. Although the 12 cloves of garlic may seem overpowering, slow-cooking mellows them and makes them tender and flavorful.

### Ingredients

- 1½ pounds skinless, boneless chicken breast halves or thighs
- 9 ounces frozen artichoke hearts
- 12 cloves garlic, minced
- ½ cup chopped onion
- ½ cup reduced-sodium chicken broth
- 2 teaspoons dried rosemary, crushed
- 1 teaspoon finely shredded lemon peel
- ½ teaspoon ground pepper
- 1 tablespoon cornstarch
- 1 tablespoon cold water
- Lemon wedges (optional)

### Preparation

1. Coat a large skillet with cooking spray, preheat over medium heat. Add chicken to the pan, half at a time, cook until browned. In a 3 1/2- or 4-quart slow cooker, combine artichoke hearts, garlic and onion. In a small bowl, combine broth, rosemary, lemon peel and pepper. Pour over vegetables in the slow cooker. Add browned chicken; spoon some of the garlic mixture over chicken.
2. Cover and cook on Low for 6 to 7 hours or on High for 3 to 3 1/2 hours.
3. Transfer chicken and artichokes to a serving platter, reserving cooking liquid. Cover chicken and artichokes with foil to keep warm.
4. If using Low, turn to High setting. In a small bowl, combine cornstarch and cold water. Stir into liquid in slow cooker. Cover and cook about 15 minutes more or until slightly thickened. Spoon sauce over chicken and artichokes. If desired, serve with lemon wedges.

### Nutrition

Per Serving: 161 calories; 8 g carbohydrates; 2 g fat (0 g sat, g mono); 28 g protein; 66 mg cholesterol; 2 g dietary fiber; 126 mg sodium.

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