



## Slow-Cooker Greek Shredded Chicken



1/6th of recipe (about 3/4 cup): 193 calories, 6g total fat (1.5g sat. fat), 362mg sodium, 6g carbs, 0.5g fiber, 2g sugars, 27.5g protein

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**Prep:** 15 minutes    **Cook:** 3 - 4 hours on high or 7 - 8 hours on low

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### Ingredients

1 1/2 lbs. raw boneless skinless chicken breasts, halved  
1 cup chopped red onion  
1/2 cup sliced black or kalamata olives  
1/4 cup lemon juice  
1/4 cup plus 2 tbsp. reduced-fat crumbled feta cheese  
*Seasonings: salt, black pepper, garlic powder, onion powder, oregano*

### Directions

Place chicken in a slow cooker, and season with 1/4 tsp. each salt and pepper. Sprinkle with 1 tsp. each garlic powder, onion powder, and oregano.

Top with onion, olives, and lemon juice. Add 1 1/4 cups water, and stir to mix.

Cover and cook on high for 3 - 4 hours or on low for 7 - 8 hours, until chicken is fully cooked.

Transfer chicken to a large bowl. Shred with two forks -- one to hold the chicken in place and the other to scrape across and shred it.

Return shredded chicken to the slow cooker, and mix well.

Serve with a slotted spoon, draining the liquid.

Top each serving with 1 tbsp. feta cheese.

#### MAKES 6 SERVINGS

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