



Slow-Cooker Garlic Parm Chicken



1/6th of recipe (about 3/4 cup): 224 calories, 8.5g total fat (4g sat. fat), 535mg sodium, 5g carbs, 0.5g fiber, 2.5g sugars, 30g protein

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Prep: 5 minutes **Cook:** 3 - 4 hours or 7 - 8 hours



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Ingredients

1 1/2 lbs. raw boneless skinless chicken breast
1/4 tsp. each salt and black pepper
1 1/2 cups chicken broth
1 cup chopped onion
1 tbsp. chopped garlic
1/2 cup light/reduced-fat cream cheese (room temperature)
1/4 cup grated Parmesan cheese
1/2 tsp. garlic powder
1/2 tsp. onion powder

Directions

Place chicken in a slow cooker, and season with salt and pepper. Add broth, onion, and garlic.

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

Meanwhile, place cream cheese in a large bowl. Stir until smooth. Add remaining ingredients, and mix until uniform.

Transfer chicken to a cutting board, and roughly chop. Add to the bowl.

Using a slotted spoon, transfer onion to the bowl. (Save the leftover broth for another time... It's delicious!)

Mix well.

MAKES 6 SERVINGS

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