



Slow-Cooker Chicken Stroganoff



1/4th of recipe (about 1 2/3 cups): 286 calories, 9.5g total fat (4.5g sat. fat), 791mg sodium, 18.5g carbs, 3g fiber, 8g sugars, 31.5g protein

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Prep: 10 minutes **Cook:** 3 - 4 hours or 7 - 8 hours, plus 20 minutes



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Ingredients

- 1 1/2 tbsp. au jus gravy mix (like [the kind by McCormick](#))
- 3 cups sliced mushrooms
- 1 1/2 cups chopped onion
- 1 lb. raw boneless skinless chicken breast
- 1/4 tsp. each salt and black pepper
- 1 lb. (about 2 medium) zucchini
- 2 tbsp. cornstarch
- 1/2 cup light/reduced-fat cream cheese

Directions

In a slow cooker, combine gravy mix with 1/3 cup water. Stir to dissolve.

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

Meanwhile, using a [spiral vegetable slicer](#), cut zucchini into spaghetti-like noodles. (If you don't have a spiral veggie slicer, [peel zucchini into thin strips](#), rotating the zucchini after each strip.) Roughly chop for shorter noodles.

If cooking at low heat, increase heat to high. Transfer chicken to a large bowl, and roughly chop or shred.

In a small bowl, combine cornstarch with 2 tbsp. water. Add to the slow cooker. Add cream cheese, stir until uniform.

Return chicken to the slow cooker. Stir in zucchini noodles.

Re-cover and cook for 20 minutes, or until zucchini noodles are slightly softened and hot.

MAKES 4 SERVINGS

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