



## Slow-Cooker Creamy Ranch Chicken



1/6th of recipe: 232 calories, 7.5g total fat (3.5g sat. fat), 571mg sodium, 8.5g carbs, 0.5g fiber, 2.5g sugars, 29g protein

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**Prep:** 10 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 breast  
One 1-oz. packet ranch dressing/dip seasoning mix  
1 cup reduced-sodium chicken broth  
1 cup chopped onion  
1 tbsp. chopped garlic  
2 tbsp. cornstarch  
1/2 cup light/reduced-fat cream cheese  
2 tbsp. grated Parmesan cheese  
Serving suggestions: riced cauliflower, spiralized zucchini, hearts of palm noodles

### Directions

Place chicken in a slow cooker, and season with ranch seasoning. 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.

Transfer chicken to a large bowl. Shred with two forks.

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

Return shredded chicken to the slow cooker and mix well.

#### MAKES 6 SERVINGS

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