



Slow-Cooker "I Do" Chicken



1/6 of recipe (about 1/2 cup): 220 calories, 7g total fat (3g sat. fat), 544mg sodium, 9.5g carbs, 2g fiber, 5.5g sugars, 29.5g protein

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

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Ingredients

1 1/2 lb. raw boneless skinless chicken breast
1/4 tsp. salt
1/4 tsp. black pepper
1 1/2 cups chicken broth
1 cup chopped onion
1/2 cup whipped cream cheese
1/2 cup bagged or rinsed sun-dried tomatoes, chopped
1/4 cup grated Parmesan cheese
2 tsp. chopped fresh thyme
1/2 tsp. garlic powder
1/2 tsp. onion powder
Optional topping: fresh basil
Serving suggestions: spaghetti squash, whole-wheat pasta, zucchini noodles, cauliflower rice, brown rice

Directions

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

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

Place cream cheese in a large bowl. Add remaining ingredients, and mix until uniform.

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

Using a slotted spoon, transfer onion to the bowl. (Save the leftover broth for another time.)

Mix well, coating chicken with the cream cheese mixture.

MAKES 6 SERVINGS

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