



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

[Click for WW Points® value*](#)

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

More: [Lunch & Dinner Recipes](#), [Four or More Servings](#), [Gluten-Free](#)

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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.