

Ingredients:

- 1 tablespoon olive oil
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon seasoned salt
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried basil
- 1/2 teaspoon pepper
- 1/2 cup chicken broth
- 4 bone-in chicken breast halves - 6 oz each
OR, 4 boneless chicken breasts are an option



Instructions:

1. In a small bowl, combine oil, seasonings.
2. Rub over chicken.
3. Place in 5 qt. slow cooker.
4. Add broth. Pour along the side. Do not pour over chicken.
5. Cover and cook on LOW for 4-5 hours or until chicken is tender

Yield: 4 servings

Nutritional Facts


1 chicken breast half equals 211 calories,
7 g fat (2 g saturated fat),
91 mg cholesterol,
392 mg sodium,
1 g carbohydrate, trace fiber,
33 g protein.

Diabetic Exchanges: 5 lean meat, 1 fat.

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