



EZ CROCK POT GREEK CHICKEN

 4 portions

INGREDIENTS

- 16 oz of raw chicken breast [452 g]
- 1 large onion, chopped
- 20 grams [1/3 c] sun-dried tomato-not packed in oil, chopped
- 1/2 cup no salt added chicken broth
- 32 grams of [1/4 c] kalamata olives
- 2 tsps dried oregano
- 2 tbsps of tomato paste
- 3 tomatoes chopped
- 3 cloves of garlic
- 1/4 cup of spinach, raw [8 g]
- 2 oz of cheese, feta [57 g]
- 2 tbsps green onion

COOKING METHOD

1^o Description: Equipment: Crock Pot Instructions: 1. Place all the ingredients [except topping & chicken] in the crock pot. Stir together to mix, then place frozen or fresh chicken breasts on top. Cook on low for 6-7 hours, high for 4-5 hours. I recommend cooking on low if you use frozen chicken. 2. Top each serving with chopped spinach, feta and green onion Serving size is ~4 ounces chicken + 1/3 c sauce

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (303 g)	% DRI
ENERGY	73 kcal	220 kcal	11 %
FAT	2 g	7 g	11 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	13 %
CHOLESTEROL	27 mg	83 mg	28 %
SODIUM	133 mg	403 mg	17 %
CARBOHYDRATE	4 g	13 g	4 %
SUGARS	2 g	7 g	—
FIBER	1 g	3 g	13 %
PROTEIN	9 g	27 g	—