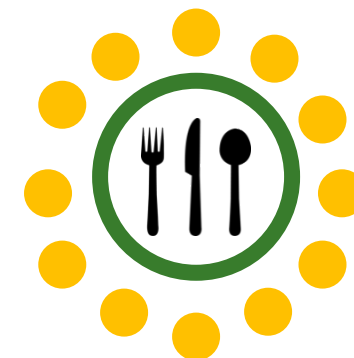


# recipe of the week:

## *Diabetic Friendly Slow Cooker Lemon-Garlic Chicken*



| <b>ingredients:</b>                               | <b>directions:</b>  |
|---|---|
| 1 lb. skinless and boneless chicken breast halves | 1. In a small bowl, combine dried oregano, seasoned salt and black pepper. Mix well and rub chicken breasts with oregano mixture.                                   |
| 1 clove garlic, peeled and minced                 | 2. Add canola oil to a large, nonstick skillet and start heating over medium heat. When hot, add chicken pieces and brown on both sides (about 3 minutes per side). |
| ½ tsp. dried oregano                              | 3. Place chicken pieces in slow cooker and add water, lemon juice, garlic, and chicken stock to the skillet, and bring the mixture to a gentle boil.                |
| ¼ tsp. seasoned salt                              | 4. Pour the lemon juice mixture over the chicken in the slow cooker and cover with lid.   |
| 1 Tbsp. canola oil                                | 5. Cook on low-heat setting for 4-5 hours.  |
| 2 Tbsp. freshly squeezed lemon juice or to taste  | 6. Add parsley and baste chicken.   |
| 2 Tbsp. water                                     | 7. Cover slow cooker and cook on high-heat setting for a further 15-30 minutes if needed. If chicken breasts are tender, you're finished!                           |
| 1 Tbsp. defatted and reduced salt chicken stock   |   |
| 2 tsp. minced fresh parsley                       |   |
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Presented by:

