

## Lemon Garlic Chicken Crock Pot Recipe

### Ingredients:

- 8 boneless skinless chicken breasts
- 10 garlic cloves, finely chopped or minced
- 2 yellow onions, chopped
- 2 cups fat free, low sodium chicken broth
- 1/4 cup lemon pepper seasoning
- 4 tbsp paprika
- 2 tbsp fresh parsley, finely chopped
- 1 tablespoon kosher salt
- 1 tsp lemon zest

### Directions:

Rinse the chicken and pat dry. Mix together the lemon pepper seasoning, paprika and salt. Coat the chicken with the spice mixture. Place the coated chicken in the crock pot and cover with the fat free chicken broth, garlic cloves, parsley and onions and lemon zest. Cook on low heat for about 3-4 hours (or until done).

Entire recipe makes 8 servings

Serving size is 1 breast, with approx 4 tbsp of sauce

Each serving = 3 Point Total or 5 points plus