



Crock Pot Chicken & Vegetables...

Ingredients:

- 4 skinless chicken breasts
- 4 cups fresh or frozen non-starchy vegetables of your choice
- 2 tsp. Worcestershire sauce
- Pepper to taste
- 4 cloves garlic
- 1 tsp. salt
- Any other favorites spices or seasonings

Directions:

Place vegetables in bottom of crock pot and chicken on top. Add ½ cup water. Add Worcestershire sauce, pepper, garlic and salt. Cook on low for about 8 hours. **Serves 4**

Nutrition Facts Per Serving:

Calories	150	Saturated Fat	0 gm	Carbohydrate	5 gm
Fat	2 gm	Sodium	120 mg	Fiber	3 gm

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