Chicken Italiano

Mary C. Casey
Scranton, PA

Makes 6 servings
(Ideal slow-cooker size: 4-quart)

2 large whole boneless, skinless chicken
   breasts, each cut in 3 pieces
3/4 tsp. salt
1/4 tsp. black pepper
1/2 tsp. dried oregano
1/2 tsp. dried basil
2 bay leaves
26-oz. jar low-sodium meatless spaghetti
   sauce

1. Place chicken in bottom of slow cooker.
2. Sprinkle seasonings over chicken.
3. Pour sauce over seasoned meat, stirring
to be sure chicken is completely covered.
4. Cover. Cook on low 6 hours or on high
3½-4 hours.
5. Serve over pasta.

Per Serving: 120 calories (30 calories from fat), 3.5g total
fat (0g saturated, 0g trans), 25mg cholesterol, 820mg
sodium, 10g total carbohydrate (2g fiber, 5g sugar), 11g
protein, 10%DV vitamin A, 6%DV vitamin C, 4%DV
calcium, 6%DV iron.

Note: *You may substitute 2 1-lb. cans of diced
tomatoes, undrained, for the spaghetti sauce. Or
use 2 cups diced fresh tomatoes and 1-lb. can
crushed tomatoes for the spaghetti sauce.*

Green Beans w/ a little Parm. cheese

Jane's Slow-Cooked Italian Chicken

Dorothy VanDeest
Memphis, TN

Makes 8 servings
(Ideal slow-cooker size: 5 quart)

3 lbs. boneless, skinless chicken breast
   pieces
1 pkg. dry Italian dressing mix
10¾-oz. can 98% fat-free cream of
   mushroom soup
4-oz. can mushrooms, drained
8 ozs. fat-free sour cream or fat-free plain
   yogurt

1. Place chicken in slow cooker.
2. Mix together Italian dressing mix, soup,
and mushrooms. Stir into chicken.
3. Cook on low 6-8 hours.
4. With a slotted spoon, lift chicken out of
cooker. Place in a covered dish and keep
warm. Combine cooking juices with sour
cream or yogurt in slow cooker. Cover and
heat until warmed through.
5. When ready to serve, place chicken on
bed of rice or noodles and pour sauce over top.

Per Serving: 340 calories (70 calories from fat), 7 total fat
(2.5g saturated, 0g trans), 150mg cholesterol, 750mg
sodium, 11g total carbohydrate (0g fiber, 4g sugar), 55g
protein, 4%DV vitamin A, 0%DV vitamin C, 8%DV
calcium, 10%DV iron.

*yummy -
even for kids!!
+ Patrick*

7 pts.