

Chicken with Potatoes and Olives

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Servings: 6

Preparation Time: 10 minutes

Start to Finish Time: 8 hours 10 minutes

3 large all-purpose potatoes, peeled and cut bite-size

1 large green pepper, cut in narrow strips

1 medium onion, chopped

1 can (15 oz) tomato sauce

1/2 cup dry white wine

1/2 cup pimiento-stuffed olives

1 1/2 tablespoons minced garlic

1 1/2 tablespoons olive oil

1 tablespoon tomato paste

1/2 teaspoon salt

1/2 teaspoon pepper

1 bay leaf, broken in half

6 each (about 3 pounds) chicken drumsticks and thighs, skin and excess fat removed

In a 5-quart or larger slow cooker, place the potatoes, pepper, onion, tomato sauce, wine, olives, garlic, olive oil, tomato paste, salt, pepper and bay leaf. Stir to mix.

Add the chicken. Stir to coat.

Cover and cook on HIGH for 5 hours or on LOW for 8 hours, or until the chicken is cooked through and tender and the potatoes can be easily pierced.

Discard the bay leaf.

Per Serving (excluding unknown items): 122 Calories; 4g Fat (28.1% calories from fat); 2g Protein; 18g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 452mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Vegetable; 1/2 Fat.