
Nice `N Easy Italian Chicken (Slow Cooker)

Deb Dick

Nettles Island Cooking in Paradise - 2014

Servings: 4

4 (one pound total) boneless/skinless chicken breasts

8 ounces mushrooms, sliced thick

1 medium green pepper, chopped

1 medium zucchini, diced

1 medium onion, chopped

1 jar (26 ounce) pasta sauce

hot cooked spaghetti

In the bowl of a 4-1/2 quart slow cooker, combine the chicken, mushrooms, green pepper, zucchini, onion and pasta sauce.

Cover. Cook on LOW for six to eight hours or until the chicken is tender.

Serve over spaghetti.

Chicken

Per Serving (excluding unknown items): 39 Calories; trace Fat (7.5% calories from fat); 2g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 1 1/2 Vegetable.