

# Poppy Seed Chicken II (Slow Cooker)

*Tom Mullen - Port St. Lucie, FL*

## **Servings: 4**

*4 skinless chicken thighs  
1 cup poppyseed salad dressing  
8 ounces sour cream  
salt (to taste)  
pepper (to taste)  
1 small onion, chopped  
1 can small new potatoes, drained  
1 cup carrots, chopped*

## **Preparation Time: 15 minutes**

### **Slow Cooker Time: 8 hours**

In a bowl, mix the poppyseed dressing and sour cream. Salt and pepper to taste.

Place the chicken thighs on the bottom of a five-quart slow cooker.

Add the onion, carrots and potatoes.

Pour the poppyseed mixture over the top. Stir to mix well.

Cook on LOW for eight hours..

Remove the chicken from the slow cooker to a cutting board. With two forks, remove the bones and discard. Lightly shred the chicken and return to the slow cooker. Mix with the sauce.

Serve over rice or wide noodles.

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Per Serving (excluding unknown items): 228 Calories; 15g Fat (57.9% calories from fat); 16g Protein; 8g Carbohydrate; 1g Dietary Fiber; 82mg Cholesterol; 102mg Sodium. Exchanges: 2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.