



Slow Cooker Chicken - serves 3

Gluten Free

Recipes from www.naturalhealthyconcepts.com

3 chicken breasts (10 oz ea)
1 cup white wine
1 garlic clove pressed
1 Tbsp chopped shallot
2 tsp grated ginger root
6 large portabella or shitake
mushrooms sliced thick

Combine all ingredients in a ceramic slow cooker and cook on low 8-10 hours. The chicken and mushrooms are very flavorful and moist. You can also use this recipe for baked chicken in the oven. Combine the ingredients in a covered roasting pan and bake at 350° for an hour and a half.

Per serving: Calories 166, Protein 19.5g, Carbs 7.5g, Fat 1g, Fiber 1.75g, Sodium 58mg

Beneficial Nutrients: B1 .14mg, B2 .61mg, B3 13mg, B5 2.3mg, B6 .54mg, B12 .33mcg, Calcium 27mg, Iron 1.5mg, Magnesium 41mg, Potassium 813mg, Selenium 25mcg, Zinc 1.3mg