

LUNCH OR DINNER — MAIN DISH

Crock-Pot Balsamic Chicken

Makes 8 servings · about 3 oz cooked chicken each

SATIETY SCORE	NUTRITION
● ● ● ● ● 5 / 5	HIGH
Per serving (approx.): Protein 26 g · Fiber 1 g · Calories 175	

Ingredients

- 4 garlic cloves, minced
- 1 Tbsp extra-virgin olive oil
- 1 tsp dried basil
- ½ tsp cracked black pepper
- 32 oz (2 lb) chicken breasts
- ½ red onion, chopped
- ½ cup balsamic vinegar
- ¼ cup fresh parsley, chopped

Directions

1. Spread the olive oil and minced garlic across the bottom of the slow cooker.
2. Season the chicken with black pepper and dried basil, then add to the cooker with the red onion.
3. Pour the balsamic vinegar over the chicken and cover.
4. Cook on high about 3 hours, until cooked through and tender.
5. Top with fresh parsley before serving.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 4 garlic cloves
- ☐ ½ red onion
- ☐ 1 small bunch parsley

MEAT & POULTRY

- ☐ 32 oz (2 lb) chicken breasts

CHECK YOUR PANTRY

- ☐ Olive oil
- ☐ Dried basil
- ☐ Black pepper
- ☐ Balsamic vinegar