



Dinner Recipe

Crockpot Mediterranean Chicken

Ingredients:

- 4 large boneless skinless organic chicken breasts
- salt and pepper to taste
- 3 teaspoons Italian seasoning
- 2 tablespoons of fresh lemon juice
- 1 tablespoon minced garlic
- 1 medium onion, chopped
- 2/3 cup of Kalamata olives
- 1 cup chopped roasted red peppers
- 2 tablespoons capers
- fresh thyme or basil for garnish (optional)



Directions:

1. Season chicken with salt and pepper to taste. Cook in a large skillet over medium high heat 1-2 minutes on each side until browned. Transfer to crockpot.
2. Add onions, olives, red peppers, and capers to crockpot. Tuck them around the sides so that they are not covering the chicken. Whisk together Italian seasoning, lemon juice, and garlic and pour over the chicken.
3. Cover and cook on low for 4 hours or on high for 2 hours. Garnish with fresh thyme and oregano and serve

Enjoy!

Makes 6 servings

Nutrition Information:

1 serving: 219 calories, 28 grams protein, 4 grams carbs, 9 grams fat

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