

CROCKPOT CHICKEN AND POTATOES

Preparation: 15 minutes | Cooking: 5 hours | Servings: 4

INGREDIENTS

1 1/2 pounds boneless skinless chicken breasts
1 pound of baby Yukon gold potatoes
1 pound baby carrots
1/4 cup grated parmesan
4 tablespoons unsalted butter
3 cloves of garlic, minced
2 1/2 teaspoons Italian seasoning
1/2 teaspoon kosher salt
1/4 teaspoon black pepper
Zest and juice of 1 lemon
Chopped fresh parsley (optional)



INSTRUCTIONS

Cut any potatoes that are larger than a ping pong ball into quarters; if smaller than that, cut in half. You want the pieces to be a 1-inch dice. Lay them in a 6-quart or larger slow cooker. Stir carrots into the slow cooker with the potatoes; then, spread them into an even layer. Arrange the chicken in the center, placing it on top of the vegetables. In a small saucepan, melt the butter over medium-low heat. Remove from heat, and stir in the garlic, lemon juice and zest, Italian seasoning, salt and pepper. Pour the mixture over the top of the chicken and vegetables. Cover the slow cooker. Cook on high for 1 1/2 to 2 hours or low for 4-5 hours. The chicken is done when it reaches an internal temperature of 165 degrees at center. The moment the chicken is done, move it to a plate and cover to keep warm. Test the vegetables to see if tender. If they are not yet tender, give them a stir, recover the slow cooker and continue cooking until they are tender and pierce easily with a fork. When ready to serve, return chicken to the slow cooker. Sprinkle the parmesan and parsley over the top. Enjoy warm.