

Crock-pot Chicken

1 lb chicken breast, boneless, skinless
¼ cup margarine
1 pkg. Italian salad dressing dry mix
1 can Campbell's cream of mushroom soup (98% fat free)
½ cup white wine
4 oz fat free cream cheese

Melt butter and cream cheese in crock-pot. Stir in dry salad dressing mix, soup, cream cheese and wine. Add chicken; spooning sauce over the top. Cook on low for 4-5 hours. Serve with angel hair pasta or rice if desired. Makes 6 small servings.

Nutrition Information Per Serving: 242 Calories; 28 grams Protein; 9 grams Fat; 6 grams Carbohydrate; 986 mg Sodium