

Italian Chicken

Submitted by Nancy B.

16 oz boneless, skinless chicken breasts or chicken pieces with skin removed
1 packet Good Seasons Italian dressing mix
¼ cup water

Put all ingredients into crock-pot and turn on low and cook for 6-8hrs. Makes 4 servings.

Nutrition information per serving: 213 calories, 35 grams protein, 5 grams fat, 5 grams carbohydrate, 495 mg sodium. Serve with a salad and some fresh fruit.