

Lemon Chicken

6 -5 oz. chicken breasts, boneless, skinless
1 tsp. oregano, dried
1/2 tsp. seasoned salt
1/4 tsp. white pepper
2 tbsp. butter or margarine
1/4 cup water
3 tbsp. lemon juice
2 cloves garlic, minced
1 tsp. chicken bouillon granuals
2 tsp. parsley, fresh, minced

Pat chicken dry with paper towels. Combine the oregano, seasoned salt and white pepper; rub over chicken. In a skillet, over medium high heat, brown the chicken in butter. Transfer the chicken to a 5-quart slow cooker. Add water, lemon juice, garlic and bouillon to the skillet; bring to a boil. Pour over chicken. Cover and cook on low for 3-4 hours. Add parsley. Cover and cook 15-30 minutes longer. If desired, thicken the cooking juices. Serve with brown rice. Makes 12 servings.

Nutrition information per serving: calories 187; protein 27 grams; fat 7 grams; sodium 440 mg