

## Slow Cooker Creamy Chicken and Veggies

2 pounds boneless, skinless chicken breast  
½ teaspoon salt  
1/8 teaspoon pepper  
1 tablespoon olive oil  
1 pound small red potatoes, halved  
8 oz baby carrots  
½ cup chopped onion  
1 garlic clove, minced  
7 oz low sodium chicken broth  
½ cup fat free sour cream  
1 ½ tablespoons Dijon mustard  
1 ½ tablespoons Splenda  
1 ½ tablespoons flour  
½ teaspoon dried thyme leaves

Sprinkle chicken with salt and pepper. Heat olive oil in large skillet and brown chicken. Place potatoes, carrots and onions in slow cooker. Top with chicken and pour chicken broth over all. Cover and cook on low for 8 hours.

In a small bowl combine fat free sour cream, mustard, Splenda, flour, pepper and thyme until well blended. Stir into slow cooker mixture and turn heat to high. Cook for 15-20 minutes, stirring occasionally until thickened. Makes 8 servings.

Nutrition information per serving: 339 calories, 37 grams protein, 7 grams fat, 26 grams carbohydrate, 340 mg sodium.