

Easy Crock Pot Chicken

Yield: 4 servings

Ingredients:

2 tsp paprika
1 tsp cayenne pepper
1 tsp onion powder
1 teaspoon thyme
1 tsp white pepper
½ tsp garlic powder
½ tsp black pepper
4 (4oz) skinless, boneless chicken breasts
1 cup chopped onion (optional)



Directions:

Combine spices in a small bowl.

Clean chicken and rub with spice mixture. Place in resealable plastic bag and refrigerate overnight.

When ready to cook, put chopped onion in bottom of crock pot. Add chicken. Cook on low, 4-8 hours. A pop-up timer is recommended if possible.

Nutrition

Calories	155
Total Fat	4.0g
Sat. Fat	1.5 g
Chol	65.0mg
Carb	3.5g
Fiber	0.8g
Protein	25.5g