

Chili Chicken with Lemon & Lime

Ingredients

- 2 tbsp chili powder
- 1 tsp salt
- 1/2 tsp black pepper
- 3 lb boneless skinless chicken breasts
- 1 each medium zucchini
- 1 each medium onions
- 1/4 cup chicken broth, low sodium
- 1/4 cup fresh lime juice
- 1/4 cup fresh lemon juice
- 2 each medium garlic cloves



Directions

1. In a small bowl combine the chili powder, salt and pepper.
2. Sprinkle spice mixture over chicken, rub in with your fingers.
3. Place chicken in a 4 to 5 quart slow cooker. Add zucchini and onion.
4. In a small bowl combine chicken broth, lime juice, lemon juice, and garlic. Pour over mixture in cooker.
5. Cover and cook on low heat setting for 5 to 6 hours or on high heat setting for 2 1/2 to 3 hours.
6. Remove chicken and vegetables to a serving platter. Discard cooking liquid. Enjoy!

Makes 8 servings

Nutritional Information:

Calories:	230
Effective Carbs	3.3g
Fat	2.6g
Protein	45.1g

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