

SPINACH AND ARTICHOKE CHICKEN

Ingredients

- 3 to 4 pounds boneless, skinless chicken breasts
- 1 can (15 oz) artichoke hearts, drained and chopped
- 1 package (8 oz) nonfat or reduced fat cream cheese, softened
- 8 ounces frozen spinach, thawed, liquid squeezed out
- 1/2 cup grated Parmesan cheese
- 2 tablespoons fresh minced garlic
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper

Directions

1. Spray crock with nonstick cooking spray.
2. Place chicken into the bottom of the crock.
3. In a bowl, mix together all of the remaining ingredients. Pour the mixture over the chicken.
4. Cover and cook on LOW for 6 hours or on HIGH for 3 hours.

Recommended slow cooker size: 6 to 7 quart

Serves 4 to 6

Source: *The Gluten-Free Slow Cooker* (Comerford)