

Crockpot Tuscan Chicken

PREP TIME: 10 mins // COOK TIME: 3 hrs // TOTAL TIME: 3 hrs 10 mins

SERVINGS: 4 \ Nutrition Information

Calories: 393cal | Carbohydrates: 9g | Protein: 29g | Fat: 27g | Saturated Fat: 15g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 8g | Trans Fat: 1g Fiber: 1g | Sugar: 4

Ingredients

- 4 boneless skinless chicken breasts (2 pounds—16 oz)
- ½ teaspoon salt
- ½ teaspoon Italian seasoning
- ¼ teaspoon paprika
- ⅛ teaspoon black pepper

Sauce

- 1 cup heavy cream, or 2% milk
- 1 tablespoon corn starch
- 2 teaspoons minced garlic
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- ⅓ cup sundried tomatoes chopped
- ¼ cup shredded Parmesan cheese
- ½ cup chopped fresh spinach

Instructions

1. Place chicken breasts in a 2.5-4 quart slow cooker.
2. Combine salt, Italian seasoning, paprika, and pepper in a small bowl. Sprinkle evenly over chicken.
3. Stir together the sauce: add the cream, garlic, corn starch salt and pepper to a medium bowl and whisk.
4. Stir in the sun dried tomatoes and Parmesan cheese and pour around and over chicken in slow cooker.
5. Put the lid on and cook on low for 3 hours or until chicken reaches an internal temperature of 165 degrees F. Stir in the fresh spinach.
6. Remove from the crockpot and serve with pasta or as desired.



Notes

- You can use boneless, skinless chicken thighs instead of breasts. I would aim for 2 lbs of meat.
- You can use a lighter cream, but keep in mind that the sauce will not be as thick and rich (you may want to increase the corn starch to compensate)
- Try swapping the sun dried tomatoes for roasted red peppers or the fresh spinach for kale if that's what you have on hand.