

Crock Pot Chicken Cacciatore

This is an easy recipe for classic chicken cacciatore. It's perfect for the quick cook who's looking for a tasty, budget-friendly option.

Prep Time: 15 minutes

Nutrition Facts

Serving Size: 1 chicken thigh + 1 cup sauce

- Calories 170
- Carbohydrate 18g
- Protein 16 g
- Fat 5.0 g
- Saturated Fat 1.3 g
- Sugars 10g
- Dietary Fiber 4 g
- Cholesterol 70mg
- Sodium 200mg
- Potassium 935mg

This Recipe Serves 6



Ingredients

- 1 onion, sliced
- 1 green bell pepper, seeded and sliced
- 2 (6-ounce) cans no salt added tomato paste
- 1 (14.5-ounce) can diced tomato
- 3 cloves garlic, minced
- 1 tablespoon Italian seasoning
- 6 medium chicken thighs, skins removed

Instructions

1. Place all the ingredients in a crock pot.
2. Cook on high for 4 hours.
3. Serve the chicken over whole wheat rotini pasta if desired.

Recipe Cost: \$7.49

Side Suggestion: $\frac{3}{4}$ cup cooked whole wheat rotini pasta



Slow-Cooker Chicken Fajita Burritos

This chicken dish is full of flavor and is high in fiber with lots of veggies and beans.

Prep Time: 10 minutes + 6 hours in slow-cooker

Nutrition Facts

Serving Size: 1 burrito

- Calories 250
- Carbohydrate 31 g
- Protein 28 g
- Fat 7.0 g
- Saturated Fat 2.3 g
- Sugars 4 g
- Dietary Fiber 16 g
- Cholesterol 40 mg
- Sodium 565 mg
- Potassium 430 mg

This Recipe Serves 8

Ingredients

- 1 pound skinless, boneless, chicken strips
- 1 green pepper, sliced
- 1 red pepper, sliced
- 1 medium onion, sliced
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- ½ cup salsa
- 1/3 cup water
- 1, 15-ounce can black beans, rinsed and drained
- 8 large low-carb tortillas
- 1 cup plus 2 tablespoons reduced-fat, shredded cheddar cheese

Instructions

1. Place chicken breast strips in a slow-cooker. Top with remaining ingredients except for tortillas and cheese.
2. Cover and cook on low for 6 hours or until done. Shred chicken with fork, if needed.
3. Serve ½ cup chicken and bean mixture on each tortilla and top with 2 tablespoons cheese. Fold into a burrito.

Crock Pot Veggie Soup

This soup makes a great vegetable side dish. Serve it alongside roasted chicken or fish. It freezes well, so you can save part of it for a later date if you'd like.

Prep Time: 20 minutes

Nutrition Facts

Serving Size: 2 cups	• Fat 0.5 g	• Cholesterol 0 mg
• Calories 135	• Saturated Fat 0.1 g	• Sodium 250 mg
• Carbohydrate 30 g	• Sugars 14 g	• Potassium 880 mg
• Protein 4 g	• Dietary Fiber 7 g	

This Recipe Serves 6

Ingredients

- 2 (14-ounce) cans no salt added diced tomatoes, with juice
- 1 large onion, diced
- 4 garlic cloves, minced
- 2 large carrots, diced
- 2 celery stalks, diced
- 1 medium parsnip, diced
- 1 large red bell pepper, seeded and diced
- 6 cups low-sodium vegetable broth
- 3 cups chopped cabbage
- 1 teaspoon salt-free Spike seasoning
- ½ teaspoon salt (optional)
- ¼ teaspoon ground black pepper
- 1 large sweet potato (about 10 ounces), peeled and diced



Instructions

1. Stir together all the ingredients in a crock pot.
2. Set the crock pot on high setting for 4-6 hours.
3. Stir well before serving and lightly mash the parsnips and sweet potatoes to thicken the soup slightly.

Crockpot Spinach Lasagna



Foodie Version of this Recipe

This recipe is quick, delicious and makes a convenient meal the whole family will enjoy. This is a must try!

Prep Time: 10 minutes

Nutrition Facts

- Serving Size:** 1 piece (1/12 of recipe)
- Calories 180
 - Carbohydrate 22 g
 - Protein 10 g
 - Fat 6 g
 - Saturated Fat 2.4 g
 - Sugars 5 g
 - Dietary Fiber 4 g
 - Cholesterol 15 mg
 - Sodium 315 mg
 - Potassium 355 mg
- This Recipe Serves 12

Ingredients

Cooking spray

1 cup low-fat ricotta cheese

1/4 cup freshly grated Parmesan cheese

1 1/4 cup part skim mozzarella shredded cheese, divided

1 10-ounce box frozen, chopped spinach, thawed and drained

24.5-ounce jarred lower sodium pasta tomato sauce

9 gluten-free lasagna noodles*

8-ounce can no-salt added tomato sauce

Instructions

1. Spray a crock pot with cooking spray.
2. In a medium bowl, mix together ricotta cheese, Parmesan cheese, 1/4 cup mozzarella cheese and spinach.
3. Spread 1 cup pasta sauce on bottom of crock pot. Arrange 3 noodles side by side on top of sauce, break noodles apart to fit, if needed.
4. Spread about 1/3 cup of ricotta-spinach mixture on top of noodles. Repeat layering with pasta sauce, noodles and ricotta spinach mixture 2 more times. Top with remaining pasta sauce and canned tomato sauce. Sprinkle top with 1 cup mozzarella cheese.
5. Place cover on crock pot. Cook on low setting for 2-3 hours or until done (cooking times vary based on crock pot).

*This recipe was tested with gluten-free lasagna noodles, but whole-wheat lasagna noodles could be used.