



RECIPE OF THE WEEK

CROCK POT PORTABELLO CHICKEN

- | | |
|--|---------------------------------------|
| 4 boneless, skinless chicken breasts | 1 large onion, sliced in wedges |
| 1 box whole grain ziti or rigatoni | 8 ounces portabella mushrooms, sliced |
| 1 cup white wine or chicken broth | Fresh thyme |
| 2 cans 98% fat free cream of mushroom soup | Salt and pepper to taste |

1. Arrange chicken in the bottom of your crockpot/slow cooker and season with salt and pepper.
2. Add mushroom soup, wine **OR** chicken broth, mushrooms and onions.
3. Mix slightly without moving the chicken.
4. Cook on low for approximately 6 hours depending on your slow cooker.
5. Add fresh thyme near the end of the cooking time.
6. Cook ziti **OR** rigatoni according to package directions.
7. Serve chicken and mushrooms over the pasta.

*** Add some peas, if you want, to get in the extra veggie ☺ !

Makes 4 servings

**FOOD FOR THOUGHT : IF YOU'RE TIRED OF STARTING OVER . . . STOP GIVING UP !
KEEP GOING !!!**