



Slow Cooker Italian Herb Chicken



6 servings



15 mins prep | 4 hours total time

Per serving:

426 calories

2 g carbs

1 g fiber

17.6 g fat

61 g protein

Ingredients

- 4 lb chicken giblets removed
- 2 lemons, zested and juiced
- 1/2 tsp salt
- 2 tsp pepper
- 1 Tbs Italian Herb Seasoning (See note)
- 2 Tbs olive oil

Directions

Prep

1. Zest and juice lemons.

Make

1. Place chicken in slow cooker.
2. Rub chicken with lemon zest, salt, pepper, and Italian seasoning.
3. Sprinkle with salt and drizzle chicken with lemon juice.
4. Stuff one of the used lemons in the cavity of the chicken.
5. Drizzle with olive oil.
6. Set slow cooker to high for 4 hours or low for 6 hours. Cook until internal temperature of chicken reaches 165°F.
7. Turn off slow cooker and let chicken stand for 15 minutes before carving. Remove chicken from slow cooker and carve. Drizzle remaining juices over chicken if desired.
8. Store leftovers to use for lunch.

- Note: You can purchase Italian herb seasoning or make your own by combining 1 Tbs each of dried oregano, basil, & parsley, with 1.5 tsps of dried rosemary & thyme, plus 1 tsp garlic powder. Shake well and store in a clear jar with a tight lid.



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