



FOOD SAFETY TIPS

Wash hands with soap and water before handling food and after handling raw chicken.

Wash kitchen surfaces and utensils that have touched raw chicken.

Transfer raw chicken directly from the package into the cooker. Do not rinse.



Chicken Cacciatore (in a Slow Cooker)

Serves 8

INGREDIENTS

- 8 bone-in chicken thighs (2¼ pounds), skinned
- 8 bone-in chicken drumsticks (1¾ pounds), skinned
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground black pepper, divided
- 1 tablespoon olive oil
- Cooking spray
- 1 (8-ounce) package mushrooms, quartered
- 2 tablespoons minced garlic
- 1 large onion, sliced
- 1 green bell pepper, vertically sliced
- 1 red bell pepper, vertically sliced
- ½ cup dry white wine (optional)
- ½ cup all-purpose flour
- 2 tablespoons chopped fresh oregano
- 2 tablespoons chopped fresh thyme
- 1 (28-ounce) can whole plum tomatoes, undrained and chopped
- 4 cups hot cooked fettuccine
- Chopped fresh thyme (optional)

DIRECTIONS

1. Sprinkle chicken with ¼ teaspoon salt and ¼ teaspoon pepper. Heat a large nonstick skillet over medium-high heat. Add oil to pan; swirl to coat. Add half of chicken to pan; cook 5 minutes on each side or until lightly browned. Place chicken in a 5-quart electric slow cooker coated with cooking spray. Repeat procedure with remaining chicken. Place mushrooms on top of chicken.
2. Add garlic, onion, and bell peppers to pan; sprinkle vegetables with remaining ¼ teaspoon salt. Reduce heat to medium, and cook 5 minutes or until vegetables are crisp-tender, stirring often. Add wine, scraping pan to loosen brown bits. Cook 1 minute. Stir in flour. Stir in oregano, thyme, and tomatoes.
3. Pour tomato mixture over mushrooms in slow cooker. Cover and cook on Low for 3 hours or until chicken is very tender. Serve over fettuccine. Sprinkle with additional thyme, if desired.

Developed by: Betty Greer, PhD, RD, Professor Emerita

Nutrition Information Per Serving

(1 cup without chicken) Calories 200 | Total Fat 1 g | Saturated Fat 0 g | Protein 6 g | Total Carbohydrate 36 g | Fiber 2 g | Sodium 310 mg

(1 chicken thigh) Calories 210 | Total Fat 11 g | Saturated Fat 3 g | Protein 27 g | Total Carbohydrate 0 g | Fiber 0 g | Sodium 85 mg

(1 chicken leg) Calories 160 | Total Fat 7 g | Saturated Fat 1.5 g | Protein 23 g | Total Carbohydrate 0 g | Fiber 0 g | Sodium 110 mg

Chicken Tacos (in a Slow Cooker)

Serves 6

INGREDIENTS

- 1 package taco seasoning mix (about 2 tablespoons)
- 1 cup low-sodium chicken broth
- 1 pound chicken breasts, boneless and skinless
- Taco toppings such as shredded lettuce, shredded cheese, chopped tomatoes, etc.
- 6 whole grain tortillas

DIRECTIONS

1. Dissolve taco seasoning in chicken broth.
2. Place chicken breasts in slow cooker and pour taco seasoning and chicken broth.
3. Cook on low for 5 hours.
4. Shred chicken meat into bite-size pices with two forks.
5. Serve on tortillas or as a topping for taco salads

Developed by: Betty Greer, PhD, RD, Professorn Emeritus

NOTES

Taco Seasoning Mix

Make your own taco seasoning mix to reduce the sodium in this recipe.

INGREDIENTS

- 2 teaspoons chili powder
- 1½ teaspoons paprika
- 1 teaspoon onion powder
- ½ teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon cumin
- ½ teaspoon oregano
- ¼ teaspoon ground black pepper, or to taste
- Cayenne pepper to taste (optional)
- Red pepper flakes to taste (optional)

DIRECTIONS

1. Mix ingredients together in a bowl.
2. Use 2 tablespoons of seasoning mix with 1 pound chicken, beef, pork or seafood.
3. Store leftover seasoning mix in a tightly sealed container. Storing in refrigerator will help maintain the color and flavor longer than storing in the pantry.

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Nutrition Information Per Serving (1 cup)

Calories 220 | Total Fat 5 g | Saturated Fat 1.5 g | Protein 22 g | Total Carbohydrate 23 g | Fiber 4 g | Sodium 420 mg