

## CROCKPOT RANCH CHICKEN

### Ingredients

- 4 chicken breasts boneless, skinless
- ½ cup low sodium chicken stock
- 1 cup chive and onion cream cheese spread
- 1 1-oz. package ranch dressing and seasoning mix
- ½ tsp. black pepper freshly ground

### Directions

- To brown the chicken (optional): if your crockpot has a saute setting, spray the inside with cooking spray and set to saute. If your crockpot doesn't have a saute setting, spray a skillet with cooking spray and heat over medium-high heat.
- Blot the chicken dry with a paper towel and add to the crockpot or skillet. Cook for 3 - 5 minutes or until the chicken is lightly browned. Turn and repeat on the other side.
- If using a skillet to brown the chicken, transfer the chicken breasts to the crockpot after browning.
- Add the chicken stock, cream cheese, ranch dressing mix, and pepper. Cover and cook on low heat for 4 hours or until the chicken is cooked through and reaches an internal temperature of 165 F (74 C).
- When the chicken is cooked, remove the chicken from the crockpot and whisk the sauce until it is smooth. For a thicker sauce, return the crockpot to the saute setting (high if possible) and cook, whisking frequently for 5 to 10 minutes.
- If your crockpot doesn't have a saute setting, pour the sauce into a saucepan and heat over medium-high heat, whisking frequently until the sauce thickens to the desired consistency.
- Garnish with the bacon and sliced green onions before serving if desired.

Source: [diabetesstrong.com](http://diabetesstrong.com)

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