

Slow Cooker BBQ Chicken

Ingredients

2 boneless, skinless chicken breasts cut in halves
1/2 red onion, sliced
1 12 oz bottle of barbecue sauce
Cooking spray

Preparation

- 1) Coat inside of slow cooker with cooking spray.
- 2) Place a small amount of barbecue sauce in the bottom of the pot and place onions on top.
- 3) Add chicken breasts and coat with about 3/4 of the bottle of sauce.
- 4) Cover and cook on low for about 8 hrs (time may differ depending on size and strength of slow cooker).
- 5) Remove cover. Stir and shred chicken with a fork. Add rest of the sauce and cook 1 hour longer.

Spinach Baked Potato

Servings: 2

Adapted from Cooking Light January 2011

Ingredients

2 baking potatoes
3 cups fresh spinach
1 teaspoon olive oil
1 teaspoon white wine vinegar
1/4 teaspoon Dijon mustard
1/8 teaspoon black pepper
1 tablespoon minced garlic
1/8 cup vertically sliced red onion
Crumbled blue or feta cheese

Preparation

- 1) Microwave potatoes 13 minutes or until tender.
- 2) Combine olive oil, vinegar, mustard, and black pepper in a bowl. Stir with a whisk.
- 3) Heat mixture in a skillet over medium-high heat. Add garlic and onion; sauté for 2-3 minutes. Gradually add spinach and toss until wilted.
- 4) Divide spinach mixture to top potatoes. Add a few crumbles of cheese and serve.