

Slow Cooker Greek Chicken



INGREDIENTS

CHICKEN

- 1 lb boneless, skinless chicken breasts
- 3 cloves garlic, minced
- 1/4 cup fresh lemon juice
- 1 onion, diced
- 1/4 cup water
- 1 Tablespoon olive oil
- 2 Tablespoons red wine vinegar
- 1 teaspoon oregano
- 1/4 teaspoon allspice
- Pinch of Dill

YOGURT SAUCE

- 1 cup 0% fat Greek yogurt
- 1 clove garlic, finely minced
- 1 tsp chopped fresh dill
- Juice of 1/2 lemon
- Generous pinch of salt, pepper, & oregano

GREEK VINAIGRETTE

- 1/4 cup extra-virgin olive oil
- 2 Tbsp. red wine vinegar
- 1 lemon, juiced
- 2 cloves garlic
- 1 tsp. dried oregano leaves
- 3 pinches of salt, pepper, & dill

OPTIONAL ITEMS TO SERVE WITH

- Romaine Lettuce
- Spinach
- Pepperocinis
- Banana Peppers
- Pita Pockets
- Naan Bread
- Cucumbers
- Feta
- Olives
- Red Onions
- Tomato Wedges

INSTRUCTIONS

CHICKEN :: Adapted from Six Sisters Stuff

- Use a non-stick cooking spray to coat the slow cooker.
- Add chicken to the slow cooker first.
- In a separate bowl, whisk together the remaining ingredients.
- Pour over the chicken.
- Cook Settings: Low: 6-8 hrs OR High: 3-4 hrs
- Once chicken is fully cooked, shred it & serve

YOGURT SAUCE :: Adapted from Skinnytaste

- Mix together Greek yogurt, garlic, dill, lemon, salt, pepper, & oregano.
- Store in an airtight container in the refrigerator for up to 1 week.

GREEK VINAIGRETTE :: Adapted from Little Broken

- Mix together EVOO, vinegar, lemon, garlic (smash clove with side of knife), oregano, salt, pepper, & dill.
- Shake it together to mix & serve. It can be stored for up to a week in the refrigerator.

WAYS TO SERVE

- In a Pita Pocket with lettuce & your favorite add ins (see list) + one of the dressings
- On a piece of romaine lettuce as a lettuce boat + add ins + a drizzle of yogurt sauce
- On a bed of lettuce or spinach with our favorite add ins + Vinaigrette
- Naan bread + yogurt sauce + Chicken + feta + add ins & bake at 350 for 10-15 minutes.
- KID FRIENDLY : Mix chicken, yogurt sauce, chopped cucumber, chopped banana peppers, feta, and romaine together in a bowl & then put it in a pita pocket.

10 DAY CLEANSE | 24 DAY CHALLENGE

Lean protein + lots of veggies! Just be careful to go easy on the peppers (sodium) & feta (dairy)