



Slow Cooker Lemon Garlic Pepper Chicken

Prep Time 15 mins
Total Time 4 hrs

Meal Type Dinner
Contributed By



Source [Living Plate](#)

Servings 6



Ingredients

- 4 lb chicken, *giblets removed*
- 2 lemons, *zested and juiced*
- 10 cloves garlic use as whole head
- 1/2 tsp salt
- 2 tsp pepper
- 1 Tbs dried oregano
- 1 Tbs olive oil

Directions

Prep

1. Zest and juice lemons.
2. Remove skins from garlic cloves but keep whole.

Make

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

Notes

Turkey breast works well in this recipe too.

(Facts are pulled from USDA database. New FDA Nutrition Facts label with expanded macronutrient and micronutrient information coming soon!)

| Nutrition Facts | Amount/serving | % Daily Value* | Amount/serving | % Daily Value* | * The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |
|------------------------------------|------------------------|----------------|-------------------------------|----------------|---|
| | | | | | |
| Calories 418 per serving | Total Fat 17.6g | 27% | Total Carbohydrates 7g | 2% | |
| | | | Dietary Fiber 1g | 4% | |
| | | | Total Sugars 0g | | |
| | | | Protein 55g | | |

© 2018 Living Plate Rx

[Terms of Use](#) | [Privacy Policy](#)

ver. 1546880566