

Zesty Slow Cooker Chicken Barbeque

6 frozen skinless, boneless chicken halves
1 (12 oz.) bottle barbeque sauce, 45 calories or less per 2-tbsp. serving
½ cup fat-free Italian salad dressing
2 Tablespoons brown sugar, optional
2 Tbsp. Worcestershire sauce
Place chicken in a slow cooker.
In a bowl, mix the barbeque sauce, Italian salad dressing, brown sugar, and Worcestershire sauce. Pour over the chicken.
Cover, and cook 3 to 4 hours on high or
6 to 8 hours on low. Makes 6 servings.

Calories 250 / Fat 8.1g

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September 2012 – Good Morning Show

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