

Lemon Crockpot Chicken with Kale

Ingredients:

- 1 cup onions, sliced
- 2 boneless chicken breast
- 1 lemon, sliced and seeded
- 2 t vinegar
- 2 t olive oil
- Mrs. Dash to taste
- ½ cup low sodium chicken broth
- 2 handfuls of kale

Directions:

1. Place the onions in the crockpot. Place chicken on the top of the onions. Add lemon slices
2. Combine oil, vinegar, Mrs. Dash and broth.
3. Pour over chicken.
4. Cover and cook on low for 3 hours or until chicken juices run clear.
5. Add Kale just before serving. Mix until the greens have wilted