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# Italian Chicken (Slow Cooker)

*Deb Dick*

*Nettles Island Cooking in Paradise - 2014*

Servings: 4

**4 boneless/skinless chicken breasts**  
**1 small bottle sweet and sour sauce**  
**1/3 cup orange juice**  
**2 tablespoons quick-cooking tapioca**  
**1/2 teaspoon salt**

In the bowl of a crockpot, mix the sauce, orange juice, tapioca and salt.

Add the chicken.

Cook for five hours on LOW or three hours on HIGH.

Serve over rice and pasta.

**Chicken, Slow Cooker**

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*Per Serving (excluding unknown items): 563 Calories; 27g Fat (44.1% calories from fat); 61g Protein; 16g Carbohydrate; trace Dietary Fiber; 186mg Cholesterol; 595mg Sodium. Exchanges: 8 1/2 Lean Meat; 0 Fruit; 1 Other Carbohydrates.*