



Food H & P:

4 chicken breasts (frozen is just fine)

½ stick of butter

½ cup of Worcestershire sauce

¼ cup of lemon juice

Food Rx:

Combine all ingredients in a crockpot and cook on high for 4 hours or low for 7-8 hours.

Optional Gravy:

For a dinner option, when the chicken is ready, I enjoy making a gravy with the remaining cooking liquid to pour over the chicken. It is as simple as melting 1 Tablespoon of flour and 1 Tablespoon of butter in a skillet on the stove then adding 1- 1 ½ cups of the cooking liquid while constantly whisking. The gravy will thicken in 1-2 minutes. I serve the chicken over rice and top with gravy!

I love doubling this recipe to ensure leftovers. This chicken has turned into the base for my chicken salad and is wonderful over a lunchtime green salad. I always pour some of the cooking liquid over the remaining chicken to prevent drying out.