

Lemon Pepper Chicken

(Makes 4 Servings)



Shopping list:

- *1 lb. or 4 boneless skinless chicken breasts (fat trimmed)*
- *1/4 cup extra virgin olive oil*
- *1 fresh lemon or lemon juice (about 3 tablespoons)*
- *1/2 teaspoons black pepper*
- *1/4 teaspoons salt*
- *1 - 1 gallon plastic freezer bag*

Prep:

1. Label your freezer bag.
2. To your freezer bag, add all ingredients.
3. Remove as much air from the freezer bag as possible, seal, and lay flat in the freezer.

Cook:

1. The night before cooking, move frozen bag to your refrigerator to thaw.
2. The morning of cooking, pour contents of freezer bag into your slow cooker and cook on “low” setting for 3-6 hours and is completely cooked. The internal temperature should be 165°F.
3. Enjoy!