Creamy Slow Cooker Chicken Recipe

**SERVINGS: 6**
**INGREDIENTS**6 skinless, boneless chicken breasts (2 ½ lb.)
1 10 ¾ oz. reduced fat cream of mushroom soup
1 c. pureed cottage cheese or plain Greek yogurt
½ c. chicken stock
1 -.7 oz envelope Italian dressing mix
1- 8 oz pkg mushrooms
Cooking spray

**DIRECTIONS**

1. Spray a large skillet with cooking spray. Cook chicken in batches over medium-high heat 2-3 minutes on each side or until just browned. Transfer chicken to a 5-qt. slow cooker.
2. Add soup, cottage cheese or yogurt, chicken stock, and Italian dressing mix to skillet. Cook over medium heat, stirring constantly, 2 to 3 minutes or until cheese is melted and mixture is smooth.
3. Arrange mushrooms over chicken in slow cooker. Spoon soup mixture over mushrooms. Cover and cook on LOW 4 hours. Stir well before serving.
4. To make ahead: Prepare recipe as directed. Transfer to a 13- x 9-inch baking dish, and let cool completely. Freeze up to one month. Thaw in refrigerator 8 to 24 hours. To reheat, cover tightly with aluminum foil, and bake at 325? for 45 minutes. Uncover and bake 15 minutes or until thoroughly heated.

**NUTRITIONAL ANALYSIS PER SERVING (1 six-ounce portion):**
128 calories, 18.5 g protein, 1.68 g fat, 2.28 g sugar