Provencal Chicken Slow-Cooker Recipe

**SERVINGS: 4**  
**INGREDIENTS**2 boneless, skinless chicken breast halves, cut in half lengthwise (about 1 ½ pounds)  
2 teaspoons dried basil  
¼ teaspoon salt  
¼ teaspoon black pepper  
1 cup diced yellow bell pepper  
1 (16-ounce) can navy beans, rinsed and drained  
1 (14 ½ ounce) can diced tomatoes, undrained   
Fresh or dried basil leaves (optional)   
  
**DIRECTIONS**

1. Place chicken in an electric slow cooker or crockpot.
2. In a large bowl, combine salt, black pepper, bell pepper, beans, tomatoes and dried basil (if using fresh basil, add at the end); stir well.
3. Spoon mixture over chicken.
4. Cook on low setting for 4-6 hours, or until chicken reaches 165°F.
5. Serve each chicken breast half with bean and tomato mixture spooned over the top.
6. Garnish with fresh or dried basil leaves, if desired.

**NUTRITIONAL ANALYSIS PER SERVING (½ chicken breast and ¾ cup bean mixture)**  
Calories: 315  
Fat: 2 grams  
Protein: 38 grams  
Carbohydrate: 36 grams  
Cholesterol: 68 mg  
Sodium: 896 mg  
Sugar: 0 grams  
Fiber: 12 grams