

# BBQ Chicken

## Ingredients

- 2 lbs boneless, skinless chicken breasts
- 1 cup BBQ sauce
- 1/4 cup Italian dressing (reduced fat)
- 1/4 cup brown sugar
- 1 Tablespoon Worcestershire sauce

## Directions

1. Season chicken breast lightly (a small pinch per breast) with salt and place in your crockpot.
2. In a mixing bowl combine BBQ sauce, Italian dressing, brown sugar, and Worcestershire sauce. Stir until well combined.
3. Pour over chicken, cover and cook on HIGH for 3-4 hours
4. Once time is up, you can serve the breast whole, or shred with 2 forks. If shredding, recover and let cook in sauce for about 10-15 more minutes to soak up the flavor.
5. Serve on buns, over rice, in wraps, on a salad or eat as is!

Makes 8 servings.

