

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Slow Cooker Bacon-Wrapped Apple Chicken

From www.chef-in-training.com

4 boneless skinless chicken breasts

1 cup BBQ sauce (Choose a BBQ sauce without high fructose corn syrup, corn syrup, or MSG)

1/4 cup sucanat (You can find this at the St. Charles Dierberg's store), coconut (palm) sugar, or sugar in the raw

1/8 cup lemon juice fresh or from a bottle

5 small apples peeled and chopped, I used gala

8 slices bacon (Look for a nitrate/nitrite-free bacon)

1. In a small bowl, combine BBQ sauce, sweetener, lemon juice and peeled/chopped apples.
2. Wrap each chicken breast with two slices of bacon and place in a greased slow cooker.
3. Pour BBQ-apple mixture over chicken and cook on low for 6-8 hours or until chicken is done.