

Weekly Recipe: "Set it and forget it"

Crock Pot-Braised Balsamic Chicken & Vegetables

Ingredients

Makes 8 servings

1.5 lbs. Chicken Breast
2 tsp. garlic powder
2 tsp. dried basil
1.5 Tbsp. onion powder
1 tsp. salt
1 tsp. pepper
½ cup balsamic vinegar

8-10 whole cloves of garlic
4 Tbsp. olive oil
1 lb. peeled carrots
1 lb. halved russet potatoes
½ lb. celery
½ lb. quartered sweet onions

*Recipe provided by Heather Petri, 4 x Olympic Medalist in Water Polo

Directions

1. Mix all dried herbs & spices together. Rub half of the spice mix on both sides of the chicken breasts.
2. Take the remaining half of the spice mix and combine it with the garlic cloves, carrot, potato, celery, onion, and olive oil.
3. Place the chicken breasts on the bottom of the crockpot. Top with the vegetables. Pour the balsamic over the mixture.
4. Cook on HIGH for 3 hours, then switch to LOW for one more hour.



Crock Pot Braised Balsamic Chicken & Vegetables

Amount	1/8 of recipe
Calories	260
Fat (g)	9
Sat. Fat (g)	1
Carb. (g)	24
Fiber (g)	3
Protein (g)	23
Dairy free, Gluten free.	

For Sport Nutrition Questions:

Shawn Hueglin, PhD, RD, CSSD
(714) 277-5378;
shawn.hueglin@usoc.org

Liz Fusco, BS, MS/MS Candidate
(707) 331-2981;
liz.fusco.nutr@gmail.com

Jasmine Chu, MS, USAV Intern
(619)-850-6464;
chu.jasmine@gmail.com



Food Fact

Chicken is an excellent source of branched chain amino acids (leucine, isoleucine, and valine), which aid in healing from intense exercise and help to build new muscle tissue.

Cooking Tip

The leftover meals are endless with this dish! Make a salad by mixing diced chicken, crushed walnuts, chopped apple, celery, and a little bit of dressing over a bed of mixed greens or in a sandwich. Dice up the veggies and scramble them with eggs for a quick and easy breakfast. Shred the chicken, mix it with a little bit of balsamic dressing, and put it in a wrap with some fresh veggies. You could even make a soup with a few cups of chicken or vegetable broth!