

Honey Dijon Slow Cooker Chicken



Serves 5

Ingredients:

- 1 whole chicken (3-4 pounds)
- salt and pepper, to taste
- 3 sprigs fresh rosemary
- 1 lemon, zested, halved, and juiced
- $\frac{1}{4}$ cup honey
- 1 tablespoon Dijon mustard
- $\frac{1}{2}$ white onion, quartered

Adapted from CivilizedCavemanCooking.com

- 3 cloves of garlic, peeled

Instructions:

1. Rinse the chicken under cold water and then pat dry with a paper towel. If chicken is roughly prepared, remove the giblets, etc. and then clean and pat dry.
2. Season the outside and inside of your chicken generously with salt and pepper and place the chicken in the slow cooker.
3. Chop up 2 sprigs of rosemary. Zest lemon and set aside. Cut lemon in half.
4. Place the rosemary, lemon zest, lemon juice, honey, and Dijon mustard in a bowl and stir to combine.
5. Place your remaining sprig of rosemary, the quartered onions, the garlic, and the lemon halves inside the cavity of the chicken.
6. Brush honey Dijon mixture all over the chicken.
7. Once coated, cook chicken on low in the slow cooker for 6 hours.

Nutrition per serving: Calories 250; Total Fat 7.4 g; Saturated Fat 2.0 g; Monounsaturated Fat 2.7 g; Polyunsaturated Fat: 1.7 g; Total Carbohydrates 16.7 g; Dietary Fiber 0.5 g; Sugar Alcohols 0.1 g; Sugars 14.7 g; Protein 28.6 g; Sodium 188 mg