

KIDNEY-FRIENDLY

Lemon Herb Whole Chicken

Makes 6–8 servings



INGREDIENTS

- 5–7-pound whole chicken, giblets removed**
- 2 Tbsp olive oil**
- 2 tsp garlic powder**
- 1 tsp ground pepper**
- 1 tsp dried thyme**
- 1 fresh lemon**

Nutrition Facts Per Serving (3 oz, skin removed)	Calories	292
	Carbohydrates	2 g
	Protein	16 g
	Total Fat	15 g
	Phosphorus	157 mg
	Potassium	220 mg
	Sodium	80 mg

SLOW COOKER DIRECTIONS

Rinse whole chicken and pat dry with paper towel.

Roll pieces of aluminum foil and shape into small balls. Place aluminum foil balls on bottom of crockpot. This will elevate chicken while cooking.

Place whole chicken, breast side up, laying on top of aluminum balls.

In a small bowl, mix olive oil, garlic powder, pepper and dried thyme. Rub mix on the front and back of chicken.

Cut thin slices of lemon and place on top of chicken.

Set slow cooker to: *Cook on low temperature for 6–8 hours or cook on high temperature for 4–6 hours.*

Once cooked, carefully remove from slow cooker pot and transfer into serving dish.

Let chicken cool for 10 minutes and remove skin before serving.

The recipes contained here are for educational purposes to promote a healthy and kidney-friendly diet. They are not intended to be a substitute for medical advice from a medical provider. Nutritional information has been calculated using Cronometer; Somatus has not independently confirmed its accuracy. Depending on your stage of kidney disease, specific nutrients in your diet should be limited. If you are unsure which nutrients to limit, speak with your Somatus dietitian or a medical provider.