**Chickpea Cacciatore**

**Ingredients**
- 4 skinless, boneless chicken breasts, trimmed and diced
- 1 tablespoon dried Italian seasoning
- 1 teaspoon sweet paprika
- 1/2 teaspoon black pepper
- 1/4 teaspoon crushed red pepper
- 1/2 teaspoon salt
- 1/4 teaspoon dried oregano
- 1 tablespoon olive oil, separated
- 1 yellow bell pepper, seeded + sliced into strips
- 1 orange bell pepper, seeded + sliced into strips
- 1 onion, diced
- 3 cloves garlic, minced
- 1 (28 ounce) jar pasta sauce – (use a good-quality sauce, as this will be the base for your cacciatore sauce)
- 1 bay leaf
- 1/2 pound pasta, cooked according to package directions
- optional: freshly-chopped parsley + parmesan cheese, for serving

**Directions**
1. Toss chicken pieces with the Italian seasoning, paprika, salt, pepper, + red pepper. Set aside while you prep/chop the rest of the ingredients.
2. Heat 1 tablespoon olive oil in a skillet over medium heat. Add the seasoned chicken, + cook until chicken has seared slightly on all sides. Transfer chicken to the slow-cooker. In the same pan, add 1 more tablespoon of olive oil. Add the peppers, onion, + garlic to the pan + cook for about 5 minutes, until the vegetables have softened slightly. Transfer the mixture to the slow-cooker.
3. Add the pasta sauce + bay leaf to the slow-cooker. (note: if you skipped the previous step of pre-searing/cooking the chicken + veggies, add the chicken, onions, peppers, garlic to the slow-cooker at this point, too) stir everything to combine. Cover, + cook on low for 4-5 hours, until chicken is fall-apart tender.
4. When ready to serve, toss the prepared pasta with a bit of the cacciatore sauce first, then top with the chicken, peppers + onion mixture. Top with freshly-chopped parsley + parmesan cheese, if desired.
5. Can skip step #2 entirely to save time.

**Spinach and Feta Crock Pot Lasagna**

**Ingredients**
- 4 cups tomato sauce
- 12 to 15 no boil lasagna noodles
- 1 container (32-ounces) Light Ricotta Cheese
- 1 cup crumbled feta cheese
- Salt and fresh ground pepper, to taste
- 3 to 4 garlic cloves, chopped
- 2 teaspoons dried oregano, or to taste
- 1 teaspoon dried parsley
- 2 eggs, lightly beaten
- 1 bag (8-ounces) fresh baby spinach leaves
- 2-1/2 cups Shredded Low-Moisture Part-Skim Mozzarella Cheese, divided
- 1/2 cup shredded Parmesan Cheese, divided

**Directions**
1. Lightly coat the inside of the crock pot with cooking spray.
2. Spread 1 cup tomato sauce on the bottom of the pot.
3. Arrange a layer of the no-boil lasagna noodles over the sauce. Set aside.
4. In a large mixing bowl, combine ricotta cheese, feta cheese, salt, pepper, chopped garlic, oregano, parsley and eggs; mix until thoroughly combined.
5. Add spinach and mix until well incorporated.
6. Spread 1/3 of the ricotta mixture over the pasta.
7. Sprinkle a layer of mozzarella and 1/3 of the Parmesan cheese over the ricotta mixture.
8. Top with a cup of tomato sauce.
9. Repeat these layers until all the ingredients have been used up.
10. Top the lasagna with a layer of lasagna noodles covered with tomato sauce and sprinkled with mozzarella and parmesan cheese.
11. Cover and cook on HIGH for 3-1/2 to 4 hours.
12. Turn off the crock pot and let stand 45 minutes, or until all the liquid is absorbed.