

Salsa Chicken - Slow-Cooker Recipe

4 boneless, skinless chicken breasts (~2 lbs)

2 cups salsa

Salt & Pepper, to taste

Optional: fresh lime wedges and fresh cilantro



Place chicken in a slow cooker. Top with salsa and toss to coat. Cook on high for 4 hours (or low for 6-8 hours). Shred cooked chicken with a fork and toss to mix with the remaining juices.

Makes about 6 cups shredded chicken.

Nutrition Facts per 1/2 cup shredded chicken:

100 calories; 2 g Fat; 17g Protein; 3g Carbs; 1.5g Fiber; 340mg Sodium



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