

2 Ingredient Slow Cooker Chicken

Ingredients:

2 Boneless Skinless Chicken Breasts
1 Jar Salsa or Picante Sauce

Optional add-ins:

Beans, Spices/Herbs

Optional add-ons:

Avocado, Cheese, Greek Yogurt, Olives
Whole Grain Tortillas/Corn Tortillas



Directions: Simply place chicken breasts in slow cooker with salsa and cook on low 5-6 hours or until chicken is cooked. Shred with forks. The amounts don't matter as the salsa is simply a "sauce" for the chicken to cook in-if it seems dry, add more salsa. Eat as a main dish, use as enchilada filling or top a nice bed of salad greens.

Notes: Add beans, corn, hot sauce, red pepper flakes or whatever herbs/spices you like and top with preferred toppings.



Recipe by: Beth Michaels, RD, CDE

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**Nutrition Information per serving
(1 cup)**

Calories: 229

Fat: 4.3 grams

Protein: 42 grams

Carbohydrates: 4 grams

Fiber: 1 grams

Sodium: 350 mg

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