



CROCK-POT SALSA CHICKEN

Serves 6

**NUTRITION INFORMATION PER SERVING
(WITHOUT OPTIONAL GARNISHES): 330 CALORIES,
49 G CARBOHYDRATE, 4 G FAT, 26 G PROTEIN**

1 lb chicken breast
1 cup corn kernels
1 can black beans
2 jalapenos, minced
½ cup onion, diced
2 cloves garlic, minced
1 red pepper, diced
1 tsp cayenne pepper, optional
1 Tbsp cumin
2 cups salsa
3 cups cooked brown rice
Optional: cilantro and cheese to garnish.

DIRECTIONS:

1. Place chicken breasts in Crock-Pot.
2. Top with remaining ingredients.
3. Cook on low for 3-4 hours or until chicken reaches 165 degrees.
4. Use two forks to shred chicken in Crock-Pot and stir to combine.
5. Serve over rice with cheese and cilantro if desired.