



Slow Cooker Salsa Chicken

4 chicken breasts, trimmed
2 cups tomato, diced
½ cup red onion, diced
¼ cup green onion, diced
1 tbsp cilantro, finely chopped
1 tbsp lime juice
1/2 cup water

Combine cut vegetables and lime juice.

Spray slow cooker with nonstick cooking spray. Place chicken breasts in slow cooker and top with salsa and water. Cover and cook for 5-6 hours on low.

Eat whole or shred chicken and place in tortilla with favorite toppings. Makes 4 servings.

Nutrition Facts (per Serving): 103 calories, 1 g fat, 6 g carbohydrates, 18g protein, 80 mg sodium

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