



Chicken Mexicano A Slow Cooker Recipe

1 can green chiles, diced
12 oz salsa, (mild or spicy to taste)
1 tsp ground cumin
1 onion, chopped
2 cloves garlic, minced
2 pounds boneless, skinless chicken breast
Taco shells, flour or corn tortillas depending on taste

Place chicken in a slow cooker. Top with salsa, diced green chiles, cumin, onion and garlic. Cover and cook on low for 8 hours.

Remove chicken from pot, shred and return to juices.

Spoon chicken into taco shells, tortillas or taco chips. Optional toppings: lettuce, shredded cheese, sliced black olives, diced tomato, chopped onion. Makes 8 servings.

Nutrition information (Chicken Mexicano only): 191 calories, 36 grams protein, 4 grams fat, 2 grams carbohydrate, 93 mg sodium.