

Slow Cooker Cilantro Lime Chicken

Adapted from allrecipes.com

Prep: 10 minutes **Cook: 4 hours high or 6 to 8 hours low setting.**
Makes 6 servings

Ingredients:

1 (16 oz.) jar salsa or diced canned tomatoes
2 garlic cloves, minced
1 medium onion, diced
1 lime, juiced
3 Tablespoons fresh cilantro
3 pounds skinless, boneless chicken breast halves

Directions:

1. Place salsa or tomatoes, garlic, onions in slow cooker and stir to combine. Add the chicken breasts and stir to coat with the mixture.
2. Cover cooker, set to high, and cook until chicken is very tender, about 4 hours. Add cilantro and lime at end of cooking time. If desired, set cooker to low and cook for 6 to 8 hours. Shred chicken with 2 forks to serve. Serve in tortilla or over rice

Tips & Facts:

- ✓ Using diced canned tomatoes instead of salsa will reduce sodium content significantly.
- ✓ Use brown rice and whole wheat tortillas as a healthy side to this dish.
- ✓ Add a can of beans for added protein, fiber and other nutrients



Nutrition Facts (per serving):

Calories: 305
Carbohydrates: 5.3g
Total Fat: 8 grams
Protein: 50 g
Fiber: 1.4 g
Cholesterol: 130mg
Sodium: 113 mg

Cost Analysis

Ingredients	Cost of Ingredients	Cost of Quantity Needed for Recipe
Salsa	\$3.39/24 oz.	\$2.24
garlic	.50/head	.10
onion	\$1.29/large	.60
lime	.69	.69
cilantro	\$1.59	.80
chicken	\$1.99	\$5.97
TOTAL	\$9.45	\$10.40
		Cost per Serving: \$1.73

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