

Slow Cooker Salsa Chicken

- 4 skinless chicken breasts (cleaned and trimmed)
- 1 16oz jar of your favorite mild salsa (no sugar:)
- 1/3 cup water (or broth)

1. Place the chicken in the bottom of the slow cooker. Then add your salsa, water, and spices. Give it a mix.
2. Place the cover on and cook on low for 6-7 hours (or until the chicken is cooked through).

Serving Size = 3 ounces over salad greens or in a coconut wrap with lettuce

