

Cilantro Lime Chicken



Ingredients

- 1 (16 ounce) jar salsa
- 1 (1.25 ounce) package dry taco seasoning mix
- 1 lime, juiced
- 3 tablespoons chopped fresh cilantro
- 3 pounds skinless, boneless chicken breast halves

Directions

Place the salsa, taco seasoning, lime juice, and cilantro into a slow cooker (crock pot), and stir to combine. Add the chicken breasts, and stir to coat with the salsa mixture. Cover the cooker, set to High, and cook until the chicken is very tender, about 4 hours. If desired, set cooker to Low and cook 6 to 8 hours. Shred chicken with 2 forks to serve.

Suggestions for serving: Serve in a whole wheat flour tortilla with shredded cabbage, shredded cheese, plain Greek yogurt, & fresh cilantro. Serves 6

Nutritional Information Per Serving: Calories: 272 Protein 45.3 g. Carbs: 9.3 g. Total Fat: 4.7g Cholesterol: 117mg



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