

CILANTRO LIME CHICKEN TACOS

Recipe of the Month | **MARCH**



WAC Fun Food Fact

This flavorful taco dish takes only 10 minutes to prepare in a crockpot and packs lean protein. When paired with tortillas, it makes a complete meal that is low fat, delicious and simple.

INGREDIENTS

- 2 pounds skinless, boneless, chicken breasts, fresh or frozen
- 1 packet taco seasoning mix, low sodium
- 1 16-ounce jar salsa
- cup fresh cilantro, chopped
- Juice from 2 small limes

INSTRUCTIONS

- 1** Place chicken breasts in the bottom of your slow cooker. Sprinkle taco seasoning over the top, then cover with salsa, lime juice, and cilantro.
- 2** Place lid on top and cook for 2-3 hours on high, or 4-6 hours on low.
- 3** Remove chicken from crockpot to a separate bowl and shred with two forks. Moisten chicken with small amounts of juice left over from the crockpot until you get the amount of moisture that you like.
- 4** Serve with taco shells or tortillas, adding on your favorite toppings.



Prep Time: 10 min | Cook Time: 2-6 hours | Servings: 8 | Calories per serving (185 g): 155 | Fat: 2 g | Carbohydrates: 6 g | Protein: 27 g