

Salsa Chicken (Slow Cooker)

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*4 boneless/ skinless
chicken breasts OR 6 thighs
1 medium jar salsa*

Place the chicken in a slow cooker.

Pour the salsa on top.

Cook on LOW for six to eight hours.

Serve over rice.

Per Serving (excluding unknown items): 73 Calories; 1g Fat (6.4% calories from fat); 3g Protein; 16g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 1124mg Sodium. Exchanges: 2 1/2 Vegetable.