

Creamy Chicken Salsa Verde

Slow cookers work magic on this flavor packed dish!

Ingredients

- 3-4 (1 lb) chicken breast halves
- 1 jalapeno pepper, diced
- 1 jar (16 oz) salsa verde
- Salt & pepper to taste
- 1 tsp cilantro
- 1 tsp cumin
- 1 cup plain Greek yogurt or sour cream
- 1 package frozen riced cauliflower



Directions

1. Place chicken breast in the bottom of slow cooker. Sprinkle cilantro & cumin over chicken breasts. Pour salsa over top and sprinkle with diced jalapeno. Add salt & pepper if desired.
2. Set slow cooker to low and allow to cook for approximately 6 hours. Shred chicken breasts and stir in yogurt or sour cream. Cover for 10 minutes before serving.
3. Serve over bed of riced cauliflower along with your favorite green veggie!

Makes 4 servings

Nutrition Facts:

Calories	208
Total Fat	3.5g
Total Carbohydrates	9g
Dietary Fiber	2g
Protein	34g