

FREE SAMPLE RECIPE · HAWKINC KITCHEN

Slow Cooker Salsa Verde Chicken

Five ingredients, one slow cooker: tender shredded chicken in tangy green salsa. 26 g protein per serving.

Makes 6 servings | Serving: 1/2 cup | Cost: Budget-friendly | 5 min + 4-8 hr | 4 g net carbs

Ingredients

- 1 1/2 pounds boneless, skinless chicken thighs or breasts
- 1/2 teaspoon chili powder
- 1/2 teaspoon cumin
- 1 jar (12 to 16 ounces) salsa verde
- 1/2 cup water

Method

1. Coat the slow cooker with cooking spray and add the chicken.
2. Sprinkle with the chili powder and cumin.
3. Pour the salsa over the chicken. Swirl the water in the empty jar and add it too.
4. Cover and cook on high 4-5 hours or low 6-8 hours.
5. Shred the chicken with two forks and spoon the sauce over the top.

Swaps: Serve in lettuce cups or over salad greens or cauliflower rice. Always thaw the chicken before slow cooking.

Storage: Refrigerate up to 4 days or freeze up to 3 months.

Nutrition Facts

Per serving (1/2 cup)

Calories	**160**
Total Fat	4 g
Saturated Fat	0.5 g
Sodium	470 mg
Total Carbohydrate	4 g
Dietary Fiber	0 g
Total Sugars	4 g
Added Sugars	0 g
Protein	26 g
Calcium	8 mg
Iron	1 mg
Potassium	498 mg

Why it's good for you

- Chicken is a lean, high-quality protein.[1]
- Tomatillo salsa adds vitamin C.[2]

[1] Harvard T.H. Chan School of Public Health, The Nutrition Source: Protein, https://nutritionsource.hsph.harvard.edu/what-should-you-eat/protein/ [2] NIH Office of Dietary Supplements: Vitamin C fact sheet, https://ods.od.nih.gov/factsheets/VitaminC-Consumer/

Recipe adapted from Iowa State University Extension and Outreach, Spend Smart. Eat Smart.: https://spendsmart.extension.iastate.edu/recipe/salsa-verde-chicken/. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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