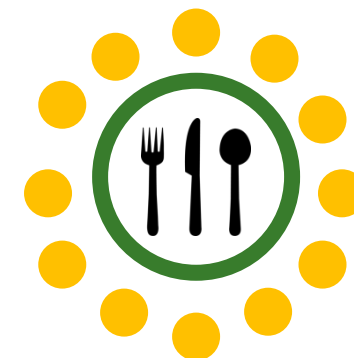


recipe of the week:

3-Ingredient Crock-Pot Chicken Tacos



ingredients:	directions:
1½ lbs boneless, skinless chicken breasts	1. Place chicken in the bottom of the crock-pot.
1 1.25 ounce packet low-sodium taco seasoning	2. Sprinkle taco seasoning over chicken.
1 16 oz. jar of your favorite salsa	3. Pour salsa on top.
For Serving: <ul style="list-style-type: none">• tortillas or taco shells• your choice of optional toppings, such as shredded lettuce, chopped tomatoes, shredded cheese, black beans, corn, chopped avocados, sour cream & hot sauce	4. Cook on low (for 6-8 hours) or high (for 4 hours).
	5. Just before serving, use 2 forks to shred the chicken.
	6. Stir to evenly distribute salsa throughout chicken.
	7. Serve immediately with desired toppings.

Notes: It is recommended to avoid taco seasoning mixes that contain MSG. Also, there are differences in the amounts of sodium (and other ingredients) in various brands, so it is a good idea to read the nutrition information for the brands offered at your store.

Presented by:

