



Crock Pot Chicken Spinach and Salsa

SERVING SIZE: ¾ cup
SERVINGS: 11
PREPARATION TIME: 5 minutes
COOK TIME: 6-8 hours

INGREDIENTS:

- 1 ½ pounds frozen chicken thighs or breasts without skin or bones
- 2 cups salsa OR pico de Gallo
- 1 pound frozen spinach
- 1-2 Tablespoons Mrs. Dash Garlic and Herb seasoning or your favorite salt free seasoning

DIRECTIONS:

1. Trim fat off of chicken.
2. Place all ingredients in crockpot.
3. Cover and cook on LOW for 6-8 hours OR HIGH for 3-4 hours.
4. Once cooked, shred the chicken with two forks and mix.
5. Serve over whole wheat tortillas, cooked brown rice, or whole wheat pasta.



NUTRITION FACTS:

Amount Per Serving	
Calories	101
Total fat	3g
Saturated fat	1g
Cholesterol	41mg
Sodium	370mg
Total Carbohydrate	5g
Fiber	2g
Sugar	2g
Includes 0g of Added Sugars	
Protein	13g
Phosphorus	120mg
Potassium	341mg

EQUIPMENT NEEDED:

- Crockpot
- Measuring cups
- Measuring spoons

Recipe submitted by Mount Mary University Dietetics Department

Additional recipes available at: healthyshelves.org