

## Eat Well Recipe

### Salsa Chicken

#### Ingredients:

- 6 chicken breasts
- 1 jar salsa
- 1½ cup of fat-free sour cream

#### Directions:

Put chicken breasts and salsa in a crockpot and cook on high 4-6 hours. After cooked, shred chicken with fork. If the mixture is too soupy, you can drain some of the liquid. Add sour cream and mix. Delicious when served on whole wheat tortillas or in a salad.

This recipe is provided by SHS Wellness Programs.

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