

Salsa Chicken

Ingredients

For 2-4 servings

- 2-4 Chicken Breast
- Garlic Powder
- Pink Himalayan Salt
- Ground Black Pepper
- 100% Olive Oil Spray
- Salsa of Choice*



Directions

Slow Cooker

1. Season chicken breasts with seasoning
2. Spray slow cooker with olive oil spray
3. Place chicken breasts in slow cooker then top with salsa
4. Cook on HIGH HEAT (1-2 hours) or LOW HEAT (2-3 hours)*

Oven

1. Preheat oven to 350 degrees
2. Season chicken breasts with seasoning
3. Spray baking sheet or dish with olive oil spray
4. Place chicken breasts on sheet and top with salsa
5. Bake for 20-30 minutes

**Shred chicken breast and use for salad topping,
add to wrap or enjoy salsa chicken as is with side option!**

***Read ingredients list
Choose best option (minimal sugar)**

***Cook times may vary
(Cut in half/ check on it)**

