

Crock Pot Chicken Tacos



Ingredients

- 1 pound skinless, boneless chicken breast
- 2 cups salsa
- 1 packet low-sodium taco seasoning
- 1 package 6" whole-wheat tortillas
- Small container light sour cream
- 2 medium tomatoes, chopped
- 1 cup shredded romaine

Directions

1. Place chicken on the bottom of the crock pot
2. Mix salsa and taco seasoning together
3. Pour salsa mixture over skinless chicken
4. Cook on low for 6-8 hours
5. Shred with a fork
6. Stuff each warmed tortilla with ½ cup of chicken mixture, topped with 1 Tbsp. light sour cream and drizzled with chopped tomatoes and lettuce

Nutrition Facts

Serving Size 1 taco

Amount Per Serving

Calories 220 Calories from Fat 50

Total Fat 5g

Cholesterol 50mg

Sodium 600mg

Total Carbohydrate 32g

Dietary Fiber 5g

Protein 22g

TIP

Lower the sodium in this dish by purchasing fresh salsa or make your own!

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