

## Simple Chicken Taco Salad

Rinse 2-4 boneless chicken breasts. *(If the chicken is organic you can leave the small amount of remaining fat intact, if it's not organic, it is advised to remove the excess fat.)*

Place chicken breasts in a crockpot. Cover with one can of enchilada sauce. Small can for two breasts, large for four. *(Remember to read the labels, search for no added sugar of any kind, and ideally...five ingredients or less. You can also make your own if time permits and that's your preference).*

Cook on low for 4-6 hours, then shred with a fork.

In a salad serving bowl, place ...

1-2 large handfuls of greens

½ avocado

½ c. cherry tomatoes (sliced in half or quartered)

¼ olives

1-2 tlbs. Finely diced onion

1 serving of chicken

If no dairy sensitivities exist you may want to add cheese and sour cream on top. Homemade salsa is a nice addition too.