



# Slow Cooker Salsa Chicken

## INGREDIENTS

- 2 lbs boneless, skinless chicken breast
- (1) 15-oz. can corn, drained and rinsed
- (2) 15-oz. cans black beans, drained and rinsed
- (1) 15-oz. can diced tomatoes
- 2 cups salsa
- 1 tsp Adobo seasoning
- 1 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp pepper
- 1-1/2 cups Velveeta shreds
- (Optional - serve over rice, top with avocado and cilantro - not included in nutrition facts)

### NUTRITION FACTS

Serves: 6

#### Amount Per Serving

- Calories 371
- Total Fat 7 g
- Saturated Fat 2 g
- Cholesterol 88 mg
- Sodium 2348 mg
- Carbohydrate 37 g
- Dietary Fiber 10 g
- Sugars 9 g
- Protein 41 g
- myWW Blue: 2
- myWW Purple: 2
- myWW Green: 7

## DIRECTIONS

1. Spray slow cooker with cooking spray.
2. Season chicken breasts with salt, pepper, garlic powder and Adobo.
3. Combine corn, black beans, and tomatoes in bottom of slow cooker.
4. Place chicken breasts on top.
5. Pour salsa over chicken.
6. Cover and cook on low for 6 hours.
7. Top with cheese for last 5 minutes.

This recipe can be found at:

<https://planningushealthy.com/salsa-chicken>

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