

Makes: 8 Servings (Serving Size = 1 cup)

INGREDIENTS (Key: T = Tablespoon, t = teaspoon, oz = ounce)

1.5 lbs chicken breast  
10 oz can no salt added diced tomatoes with mild green chilies  
15 oz can reduced-sodium black beans, rinsed and drained  
8 oz frozen corn  
¼ cup chopped fresh cilantro  
16 oz unsalted chicken broth  
3 scallions, chopped  
1 t garlic powder  
1 t onion powder  
1 t cumin  
1 t cayenne pepper (to taste)

DIRECTIONS

1. Combine chicken broth, beans, corn, tomatoes, cilantro, scallions, garlic powder, onion powder, cumin, and cayenne pepper in the crock pot.
2. Lay the chicken breasts on top of the mixture in the crockpot.
3. Cook on low for 10 hours or on high for 6 hours.
4. 30 minutes before serving, remove chicken and shred with a fork. Return chicken to slow cooker and stir in.
5. Adjust seasoning to taste.

If desired, this can be served over rice and with toppings, like diced avocado, lime juice, tortilla chips and/or reduced-fat cheese.

NUTRITION INFORMATION (for each serving, but **not** including rice or toppings)

Calories: 233

Fat: 27 grams

Saturated fat: 7 grams

Cholesterol: 72 milligrams

Total Carbohydrates: 17 grams

Fiber: 5 grams

Sodium: 189 milligrams

Protein: 32 grams

Source:

Adapted from: Skinny Taste. "Crock Pot Santa Fe Chicken" Available at: <http://www.skinnytaste.com/2009/02/crock-pot-santa-fe-chicken-425-pts.html>. Accessed February 1, 2016.