

Festive Crock Pot Chicken



Serves 4

Ingredients:

For Chicken:

- 1 tablespoon olive oil
- 2 large boneless, skinless chicken breasts
- $\frac{1}{2}$ large sweet onion, chopped
- 1 large green bell pepper, chopped
- 3 cloves garlic, minced
- 1 jalapeño pepper, chopped
- $1\frac{1}{2}$ cups salsa

Adapted from YourLighterSide.com

- 1/4 teaspoon cumin
- 1 teaspoon dried oregano

For Cauliflower Rice:

- 1 small head cauliflower
- 1 tablespoon olive oil or butter
- Salt and fresh-ground pepper, to taste

Instructions:

1. In a large skillet, heat the oil and cook the chicken pieces until browned.
2. Remove and drain.
3. Place the onion, bell pepper, garlic and jalapeno in skillet and sauté slightly.
4. Place chicken, sautéed veggies, salsa and herbs in the crock pot.
5. Stir gently to combine.
6. Cover and cook on low for 8 hours or high for 4 hours.

Serve on top of Cauliflower Rice:

1. Pulse the cauliflower pieces using the steel blade in the food processor until it's finely chopped.
2. You can also make the "rice" by grating larger pieces of cauliflower with a large standing box grater.
3. Heat the tablespoon of olive oil or butter in a large non-stick pan over medium-high heat, add cauliflower rice and cook about 3 minutes or until the cauliflower is starting to soften and brown.
4. Season the cauliflower rice with salt and fresh-ground black pepper.

Nutrition per serving: Calories 165; Total Fat 5.9 g; Saturated Fat 1.2 g; Monounsaturated Fat 3.3 g; Polyunsaturated Fat 1.0 g; Total Carbohydrates 11.5 g; Dietary Fiber 3.1 g; Sugar Alcohols 0.2 g; Sugars 5.8 g; Protein 17.5 g; Sodium 726 mg