Crockpot 3 Ingredient Balsamic Chicken

This meal checks all the boxes: easy, delicious, healthy, and best of all... inexpensive at approximately $2.48 per serving! Keep it healthy by serving it up as a lettuce wrap, serve on brown rice, quinoa, or a whole wheat bun with roasted veggies on the side. Could also make it a fiesta by serving as a taco or burrito... so many options!

Ingredients
2 pounds boneless, skinless chicken breasts
1 (16 ounce) jar chunky salsa
½ cup balsamic vinegar

Instructions
• Add chicken breasts to the slow cooker, pour salsa and balsamic on top. Cover and cook on low 6 hours or high 4 hours. Shred chicken with a fork and mix with the salsa mixture.

• TIP: This recipe makes delicious tacos or burritos. If desired, add additional garnishes, i.e. lettuce and cheese. Also, makes great sandwiches when served on buns.

Nutrition Information:
Yields: 6 servings | Serving size: 1 1/2 cups | Calories: 263 | Total Fat: 5g | Saturated Fat: 1g | Trans Fat: 0g | Cholesterol: 126 mg | Sodium: 687mg | Carbohydrates: 8g | Fiber: 1g | Sugars: 5g | Protein: 35g | SmartPoints: 4

Food For Thought

"Your diet is a bank account. Good food choices are good investments."

- Bethenny Frankel