

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Frank's Red Hot Chicken Salad

From www.sisterscafe.blogspot.com

12 oz bottle Frank's Red Hot Sauce (Original, cayenne pepper sauce)
1 bag of chicken breasts (3 lb)

Tortilla chips

Lettuce - chopped

Tomatoes - diced

Shredded cheese

Guacamole (See previous healthy recipe of the week.)

Blue cheese or Ranch salad dressing (Look for an all-natural or organic one without hydrogenated oils or corn syrup.)

Dump bag of frozen chicken breasts in the crock pot. Pour bottle of hot sauce over chicken. Cook on low for 7 or 8 hours. At dinner time, take breasts out of the liquid and shred. Serve on a bed of tortilla chips along with other ingredients.