

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Slow Cooker Chicken Tacos

From Dierbergs

1 ½ pounds boneless, skinless chicken breast halves
1 ½ pounds boneless, skinless chicken thighs
1 can (10 ounces) original diced tomatoes with green chiles (Rotel)
2 cloves garlic, minced
1 tsp chili powder
1 tsp ground cumin
1 tsp dried oregano
Salt and freshly ground black pepper
¼ cup fresh lime juice
¼ cup minced fresh cilantro

1. Place chicken in a 4-quart slow cooker that has been coated with no-stick cooking spray.
2. IN a small bowl, stir together tomatoes, garlic, and seasonings. Pour over chicken.
3. Cook until chicken is tender, about 6 to 8 hours on low heat setting or 4 to 5 hours on high heat setting.
4. Remove chicken; cover and let stand 5 minutes. Use two forks to shred chicken. Return shredded chicken along with any accumulated juices to slow cooker; stir to combine. Stir in lime juice and cilantro. Serve on tortillas with your favorite taco toppings.