

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Slow Cooker Taco Chicken

From www.ourbestbites.com

This is a quick and delicious dish that you can place in the crockpot in the morning and have it ready to go for dinner. The chicken breasts do great with this recipe and will not dry out. It does call for Italian salad dressing. PLEASE do not buy a bottle of dressing filled with high fructose corn syrup and hydrogenated oil. You can find healthier bottled salad dressing, such as Newman's Own. You can also make your own Italian dressing using Italian dressing mix. I like Penzey's. Also, do not buy a Ranch dressing seasoning that contains a bunch of yucky chemicals and preservatives. Again, I like Penzey's, but Simply Organic also makes a Ranch dressing mix. I hope you enjoy! We did!

Serves 8-10

2-2 ¼ pounds boneless skinless chicken breasts

½ cup Italian salad dressing

1 packet (or equivalent measurement) of Ranch dressing seasoning

½ cup water

1 ½ tsp chili powder

1 ½ tsp cumin

1 tsp coriander

6-8 cloves smashed garlic

1 Tbsp dehydrated onion

Juice of 1 lime

Salt to taste

Chipotle hot sauce, such as Frank's or Chalula

1. Place chicken in the bottom of the crockpot.
2. Mix the Ranch dressing seasoning with the water, and then pour over chicken.
3. Add all remaining ingredients except for the lime, salt, and hot sauce.
4. Cook for 5-6 hours on low, or until the chicken shreds easily with a fork.
5. When done, shred the chicken with two forks and sprinkle with the lime juice. Taste and season with salt and Chipotle hot sauce to taste.

What can you do with it? Set up a "taco bar" with assorted toppings and let people make what they want – tacos, salads or burritos. You could also use this in quesadillas, soup or even eat it straight out of the crockpot.