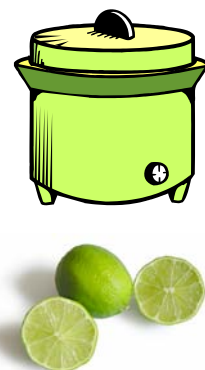


Healthy - Lime Cilantro Chicken

This recipe works great for chicken that you use for quesadillas or nachos, or you can simply serve the chicken with cooked brown rice and vegetables. If you only have two hours, cut each chicken breast into about 4 pieces and cook on HIGH in slow cooker. The chicken should be cooked throughout in about two hours.



Ingredients:

4 boneless, skinless chicken breasts

2 teaspoons olive oil

1/4 cup lime juice

1/4 cup nonalcoholic or light beer

1 teaspoon minced or chopped garlic

1/4 cup chopped fresh cilantro, packed

1/4 teaspoon salt

1/2 teaspoon ground black pepper

Directions:

1. Coat the chicken breasts with olive oil and place in the slow cooker.
2. In small bowl, combine lime juice, beer, garlic, cilantro, salt and pepper. Spoon mixture evenly over the chicken breasts.
3. Cook chicken on LOW for 6-8 hours or HIGH for 3-4 hours. Slice or shred chicken as desired and use as filling for quesadillas or nachos.

Yield: Makes 4 servings

WebMD Weight Loss Clinic members: Journal as 1 serving lean meat without added fat

Nutrition Information: Per serving: 163 calories, 25 g protein, 2 g carbohydrate, 6 g fat, 1.3 g saturated fat, 95 mg cholesterol, 0 g fiber, 685 mg sodium. Calories from fat: 33%.

Source: WebMD.com **Healthy Summer Slow Cooker Recipes**