

## Title: Crock Pot Balsamic Chicken

<u>Code</u>
GF, \$, DF

<u>Nutrition Facts:</u>	
Yield	6
Calories	162 g
Total Fat	3 g
Sat Fat	1 g
Sodium	392 mg
Added Sugar	0 g
Carbohydrates	9 g
Fiber	1.5 g
Protein	24 g

### Ingredients Needed:

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



### Recipe Directions:

- Add chicken breasts to the slow cooker, pour salsa and balsamic on top. Cover and cook on low for 6 hours or high 4 hours. Shred chicken with a fork and serve with brown rice.