



Salsa Pulled Chicken

INGREDIENTS

16 ounces of your favorite tomato salsa, divided
2 pounds boneless, skinless chicken thighs or breasts
Chopped fresh oregano leaves, for serving (optional)

DIRECTIONS

Pour 1/2 of the salsa into the bottom of a 6-quart slow cooker. Nestle the chicken breasts into the salsa in a single layer. Pour the remaining half of the salsa over the top of the chicken. Cover and cook on HIGH for 3-4 hours. The chicken is done when an instant-read thermometer inserted into the thickest part of the breast reads 165°F. Turn off the slow cooker and transfer chicken to a cutting board. Shred the chicken with 2 forks. Return the chicken to the slow cooker and toss with the salsa. Sprinkle with the fresh oregano if desired and serve. Makes 8 servings; 200 calories each.