
THE **CrossFit** *kitchen*

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Sweet Cheeks Headquarters

Simply Silly Chicken Tacos

by Shirley Brown and Alyssa Dazet
Sweet Cheeks Headquarters

overview

This dish is so simple it's silly. All you need is a slow cooker, a little time and a few basic ingredients. You don't even have to be home to cook it. Just throw the ingredients in the pot, leave, come home and enjoy.

makes 4-6 servings

ingredients

- 4 boneless, skinless organic chicken breasts
- 1 jar Trader Joe's Salsa Verde
- 1 onion (sliced)
- 1 bag of romaine leaves (or any large leaf of your choice)
- Salt and pepper to taste
- Crushed red pepper to taste (approximately ½ tsp.)

notes

Top with sliced avocado or guacamole for added fat and flavor.

directions

1. Place sliced onion, chicken breasts, entire jar of salsa, salt, pepper and crushed red peppers in a slow cooker and put a lid on it.
2. Turn slow cooker on low heat and cook for about 4 hours. Chicken breasts should be tender.
3. Use two forks to shred chicken, then spoon into lettuce leaves and serve.

